

OTTAWA



Thursday, February 14, 2013



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CITRUS PRESS

Mixing cocktails with fresh fruit just instantly takes you down south, and a citrus press makes it easy to make juice to order. The flavour profile of a cocktail made with fresh juice is completely different. Of course, when it comes to fruit, the fresher the better. Not only does it taste better, it smells better, too.

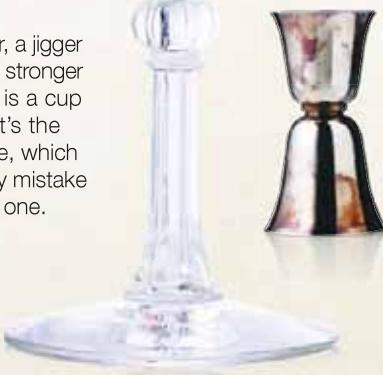


Screwdriver



THE JIGGER (AND PONY)

If you want to be a responsible bartender, a jigger will help ensure your drinks don't end up stronger than they need to be. On the one side is a cup that holds exactly 1-1/2 ounces – that's the jigger. The other side holds a half-ounce, which is referred to as the pony. Really, the only mistake you can make with a jigger is not using one.



French Martini





LUSTIN' FOR JUSTIN
THIS VALENTINE'S?
ENTER METRO'S 'I BELIEVE IN LOVE' CONTEST TO WIN
A CHANCE TO GET THIS CLOSE TO THE BIEBS

PAGE 16 & 17



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Thursday, February 14, 2013



Dancing with Ellen

Hélène Campbell.

Twenty-one-year-old has been busy public speaking, wants to establish residence in Toronto for patients waiting for transplants



JOE LOFARO

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Hélène Campbell will be flying to California to appear as a guest on the Ellen DeGeneres Show next week.

The 21-year-old Barrhaven resident, who spearheaded a global organ-donation awareness campaign on Twitter last year, has her plane tickets ready and is excited to finally dance with DeGeneres.

Campbell received a double-lung transplant last April in Toronto after being diagnosed with idiopathic pulmonary fibrosis.

While on the waiting list, she vowed to dance with DeGeneres in person after she appeared on the show via Skype last February.

She will sit next to De-

Quoted

"It's a platform definitely to raise awareness for such a good cause and she helped out with that."

Hélène Campbell on her appearance on the Ellen DeGeneres Show.

Generes on stage at a taping on Monday — exactly one year and two days after DeGeneres's first Skype chat with Campbell.

"No idea," said Campbell Wednesday morning when asked what she has planned for her much-anticipated appearance. "Hopefully dancing."

"Ellen has been someone that I've always really loved, and looked up to, and find really inspirational."

"It's a platform definitely to raise awareness for such a good cause and she helped out with that."

Campbell's interview with DeGeneres will be aired Tuesday.

"I'm glad I'm going now. I get to get away from the cold," said Campbell with a laugh.

Other family members will be in the audience as well, Campbell said.



Hélène Campbell is surprised by talk-show host Ellen DeGeneres during a Skype interview that aired on television Feb. 16, 2012. Campbell is scheduled to appear on the show in person next week. For more on Campbell and what she's been working on, go to metronews.ca. METRO/SCREENSHOT/YOUTUBE.COM

Retired priest faces charges

Ottawa police investigation turns up "inappropriate contacts" with boy, 7, from 1971 to 1973

To read, or not to read

Should readers take in the novel before seeing the movie it's based on?

NHLers can't catch a break

NHL bosses and players have yet to reach a deal with the International Olympic Committee to participate in the 2014 Games in Sochi



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Flag flap. Tattered Canadian flag replaced at gravesite of Lester B. Pearson

A tattered Canadian flag that had been flying at former Prime Minister Lester B. Pearson's gravesite was promptly replaced Wednesday after Parks Canada was notified of its shabby condition.

On Tuesday, Metro notified the agency of the weathered flag flying over the grave of the Prime Minister who introduced the maple leaf design to Canadians in 1965.

A news tip led Metro to the Wakefield, Que. cemetery Tuesday where Pearson is buried.

Parks Canada, the agency responsible for the National Program for the Grave Sites of Canadian Prime Ministers, said Tuesday it was unaware of the flag's condition and would replace it as soon as possible.

Saving the agency embarrassment before the country marks National Flag Day of Canada on Friday, cemetery staff replaced the flag with a new one, a spokeswoman said.

After reading about the flag, LIVE 88.5 radio station hosts decided they wanted to replace it before Flag Day.

"We were a little surprised at how bad the flag



Live 88.5 hosts David Schellenberg, Amal Wahab and Katfish Morgan hold up a flag they brought to replace a weather-worn one, inset, that had been flying above the grave of Lester B. Pearson. JOE LOFARO/METRO

looked and how nobody was taking care of it," said Katfish Morgan. "We didn't think we should wait until Friday to actually do it and (Lester B. Pearson) deserved better than that."

But, by the time they arrived at the gravesite a

brand new flag was already flapping in the wind.

Morgan said the station plans to solicit ideas from listeners about which flag in the city needs replacing with the one the station bought.

JOE LOFARO/METRO

Councillors vote for 1.5% raise

Salary freeze over. Not everyone happy about it

 **ALEX BOUTILIER**
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Ottawa city councillors voted themselves a 1.5 per cent raise Wednesday, ending a three-year freeze on council salaries.

Councillors were put in the politically unavoidable position of voting on their own compensation after staff's mid-term governance review recommended an annual raise similar to that received by senior management. That equalled about 1.5 per cent last year.

The raise and governance review were approved, but not before councillors debated a motion from Bayward Coun. Mark Taylor that would allow them to voluntarily opt out of the pay hike.

"In my view, this is simply a personal choice," Taylor told reporters. "I think all members

of council work exceptionally hard, so I don't begrudge anybody from making the choice that they want to. I simply wanted the ability to make my own."

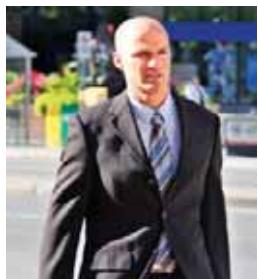
Capital ward Coun. David Chernushenko chalked the motion up to political posturing, saying that councillors are well, but not overly, compensated.

"We're in this ridiculous situation of having to vote on our own salaries in front of the public. Past councils, all over the world, will always find it more politically convenient to say, 'We'll put that off,'" said Chernushenko.

"This is a job, it's a very tough job, and not a lot of people want to take it on.... I believe it is the right thing that we vote now."

Taylor said his motion aimed to offer councillors a choice, adding he'll be returning his raise to the city. Rideau-Rockcliffe ward Coun. Peter Clark said he will donate his raise to charity.

Bra, shirt cutting justified: Desjourdy defence



Sgt. Steve Desjourdy

JOE LOFARO/METRO

There is little to no evidence anything sexual happened in the 2008 strip search of a drunk woman by Ottawa police Sgt. Steven Desjourdy, said his defence in closing arguments as the officer's sexual-assault trial wrapped up Wednesday.

"The Ottawa Police Service had no procedures for violent or suicidal prisoners at the time," said defence lawyer Michael Edelson, indicating Desjourdy's decision to cut off the woman's shirt and bra was justified because "you've

got these scenarios where officers have to respond ad hoc to situations."

Edelson argued Desjourdy only used the force needed to quell the woman who was arrested by police on Sept. 6, 2008, for public intoxication. Throughout her time in police custody she was violent and abusive toward the officers, and the search ensued following a mule-kick that floored one of the cops.

When the case started in late September, Desjourdy

pledged not guilty to sexually assaulting the woman. She cannot be named due to a publication ban.

"The Crown has brought nothing to the table to prove that this was done with a sexual purpose," argued Edelson regarding the shirt and bra cutting and subsequent decision to leave the woman naked in her cell. "My client had the lawful authority to conduct the search."

Without a sexual context, Edelson said, it's difficult to

find Desjourdy guilty of sexual assault.

Crown prosecutor Christopher Webb shot back at the defence, quoting from the alleged victim, who said, "I felt sexually violated after having my clothes cut off."

The Crown's case comes down to proving the search and the cutting of the clothes was done to punish and humiliate her, said Judge Tim Lipson, who is set to pass judgment on the case April 3.

GRAHAM LANKTREE/METRO

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Rent arrears. Mayfair Theatre Orleans shuttered

The Mayfair Theatre in Orleans closed its doors to film buffs in the suburbs Wednesday due to rent troubles after more than a year of operation following expansion there in 2011.

"The landlord just ran out of patience," said owner Lee Demarbre. "It's been a lot of emotion over the past year. It comes down to rent and we made the mistake of thinking we could open and be successful on Day 1. We needed a year to be open for people in Orleans to find out we're here."

The Orleans location's financial troubles almost shuttered it in early 2012, and over

the summer Demarbre began a campaign to help raise money to replace the Bank Street location's 35-mm projectors with new \$45,000 digital models that have become the industry standard.

The timing couldn't be worse, said Demarbre, since traffic in January and February has been the highest he's seen since they opened. "Two hundred people were showing up every night for Lincoln for a whole week. We finally got the support from the community that we needed. But we owed back rent."

GRAHAM LANKTREE/METRO

Alleged incidents in '70s

Retired priest charged with indecent assault

Ottawa police have charged a retired Roman Catholic priest with indecent assault against a seven-year-old 40 years ago.

The charges come after a three-month investigation into an alleged "series of inappropriate contacts" between a Roman Catholic

priest and a boy in Ottawa from 1971 to 1973.

Jacques Faucher, 76, faces one count of gross indecency and one count of indecent assault. He will appear in court on Thursday for a bail hearing, and the investigation is ongoing.

Police are urging anyone with information about this incident, or similar incidents, to contact the sexual-abuse unit at 613-236-1222 ext. 5944.

ALEX BOUTILIER/METRO



Snow conditions perfect

President Yan Michaud announced Thursday all systems are go for a perfect Gatineau Loppet. With more snow on the ground this year, Michaud said there is no concern about running the event. The largest Canadian cross-country ski event runs Feb. 15 to 17 and features athletes such as Tara Whitten, Sheila Kealey, Benoit Chauvet and Phil Shaw. For more information, go to metronews.ca. SEAN MCKIBBON/METRO



Le Patin Libre members, from left, Alexandre Hamel, Taylor Dilley, Samory Ba and Pascale Jodoin will bring their urban skate dance stylings to the Rideau Canal for Valentine's Day Thursday. CONTRIBUTED/PEDRO RUIZ

A Valentine's ice dance party, and you're invited

Lacing up. Romance of Rideau Canal draws skate troupe for event featuring moves, music



GRAHAM LANKTREE

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Before ice hockey, before figure skating, a favourite pastime of Canadians in the 19th century was to take their beau or belle out on the ice to skate and hold their hand.

For Thursday a skating

dance troupe from Montreal plans to skate the Rideau Canal to bring the spirit of that time back for Valentine's Day.

"Last year loads of couples came. I think some got made there too," said Alexandre Hamel, leader of the Le Patin Libre troupe that staged an impromptu dance party on the canal Feb. 14, 2012, which showed off their virtuoso skating skills and got their audience dancing.

"I think it's one of the most romantic places in Canada. You're gliding. It's human bodies in motion. It's the pleasure someone

can feel holding someone by hand and it creates a bubble around them."

The ice dancers will show the audience a few steps and how to get into the groove of shaking your booty on a slippery surface. "If you feel the music, it's accessible to anybody," Hamel said, adding Montreal's DJ JB will be spinning dance music. They will also show off their own acrobatic moves in a 15-minute skate.

Last year the National Capital Commission almost put an end to the romance when it attempted to cancel the

event before it began, he said.

"They were quoting words like 'safety,'" said Hamel. "But it's super-safe activity. They just want to be in control of anything programmed on the canal."

Hamel said it was demand from University of Ottawa students that brought the event back this year. "We think the tradition will grow every year from now. It's all free. It's our lifestyle, we're dancers."

Skaters are asked to join the four-member troupe and their DJ at 9 p.m. on the ice near the Pretoria Bridge.

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Just too much? New blog exposes troubling remarks

Female premiers face war of words. 'I think this kind of behaviour needs to be shamed,' says owner who hates hateful speech



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Ontario Premier Kathleen Wynne is "a lesbian tree hugger."

Quebec Premier Pauline Marois, "a dumb b—."

And depending on who you ask, B.C.'s Christy Clark needs to either button up her shirt or simply take it off.

These are the kinds of tweets, Facebook posts and comments you'll find collected at Madam Premier, a new blog dedicated to exposing the vitriol hurled at Canada's female first ministers.

"Their jobs are hard enough without having to



All part of the job? Snide online comments are made regularly about, from left, Kathleen Wynne, Alison Redford, Christy Clark and Pauline Marois. METRO FILES

be criticized on the basis of their gender," says the blog's owner, Diamond Isinger.

"If I wasn't already involved, this certainly wouldn't encourage me to enter into public life or electoral politics."

A resident of Vancouver, Isinger started the blog Tuesday night. By Wednesday afternoon, nearly 3,000 people had visited.

The blog is part of a new "naming and shaming" tactic, where activists point fin-

gers at those posting hateful speech online.

Last year, a Toronto feminist made headlines for identifying the man behind a violent and misogynistic video game. Shortly after, a Calgary man was fired from his job for mocking bullied teen Amanda Todd on Facebook.

"Sunlight is the best disinfectant," Isinger said. "I think this kind of behaviour needs to be shamed."

A surprising number of comments — most of which

are profane or sexual — appear to be posted under people's real names.

"It signals that we have a culture that's comfortable with this kind of thing. People feel they can say this stuff without repercussion," said Isinger.

York University's Dr. Jennifer Jenson says that by aggregating misogynistic comments, blogs like Madam Premier show that sexism is still a systemic problem.

"It's about compiling it so

that it doesn't seem like it's just one guy doing this," she said. "When you see it this way, it's a literal documentation of the different kinds of people who feel compelled to say derogatory things about women in power."

Jenson says online comments made about female politicians often differ from those directed at men.

"We never say, 'Did you see the bulge in the premier's pants?'"

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Foreign Affairs Minister John Baird, pictured in the Commons Wednesday, says Canada will remain a zombie-free zone. ADRIAN WYLD/THE CANADIAN PRESS

Tories at war ... with zombies

Will zombies ever take over Parliament Hill?

Never! Foreign Affairs Minister John Baird is on the case.

Baird assured the House of Commons that Canada remains a zombie-free zone.

The odd exchange came Wednesday near the end of the daily question period.

Winnipeg New Democrat Pat Martin raised the matter of a Quebec government disaster-planning exercise that used a mock zombie invasion as its premise.

B-movie templates of an invasion of the "living dead" have also been used for emergency preparedness drills in the United States.

"I don't need to tell you, Mr. Speaker, that zombies don't recognize borders," Martin warned the House, tongue firmly in cheek.

Is Baird, asked the NDP MP, working with his American partners "to develop an international zombie strategy so that a zombie invasion does not turn into a zombie apocalypse?"

Baird rose to the occasion, telling the House that he was "dead-icated" to the matter.

"Under the leadership of this prime minister, Canada will never become a safe haven for zombies, ever," said Baird.

MORE AT METRONEWS.CA

Climate change

Follow Obama, Canada told

President Barack Obama's State of the Union message to act swiftly on climate change is a challenge to Ottawa as well, says the U.S. ambassador to Canada.

Obama used Tuesday's speech to present Congress with a choice: Either agree to market-based solutions to climate change, or else the president will use his executive powers to achieve the same result.

Ambassador David Jacobson said the message was meant as much for Canada as it was for the United States.

THE CANADIAN PRESS

Driver's claim

Officer accused of sex-toy threat

A police officer seen on video allegedly threatening to sexually assault a tow-truck driver with two pink sex toys should be fired, the man says.

Jagdis (Mike) Tirbany said he was distressed that criminal charges against the officer had been dropped.

Tirbany, a married father of three, alleged he was threatened with being sodomized.

Tirbany, 46, of Toronto, said the incident occurred inside an Ontario Provincial Police detachment where he had gone last March for fingerprinting in light of an assault charge he was facing.

THE CANADIAN PRESS

Billboard study

Can these words cause a crash?

A University of Alberta researcher wants to put the brakes on billboards with negative words.

Michelle Chan put fellow students into a driving simulator and tested their skills behind the wheel.

The test asked subjects to drive down a computer-generated road as ads appeared with negative, positive and neutral words.

Words such as cancer, war and abuse caused most of the drivers to veer outside their lane. Some drivers crashed into trees, other vehicles and pedestrians.

"Billboards are already distracting enough," said Chan. "But then when you add the negative emotional content, it ... can be detrimental to driving."

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To gamble is not divine, says Quebec lotto commission

Papal search. Betting on the new pope ruled out as bookies deem French-Canadian cardinal a top pick

All bets are off in Quebec as to whether a local becomes the next pope.

The provincial lottery commission says it will not follow the lead of some foreign gambling houses that allow people to place bets on who might inherit St. Peter's throne.

The organization isn't swayed by the fact that a fellow Quebecer, Cardinal Marc Ouellet, just so happens to be the favourite or among the top picks, according to bookmakers.

While Loto-Quebec recently branched out beyond sports gambling by introducing betting on the upcom-



Odds are good that Quebec Cardinal Marc Ouellet might be the next pope. THE CANADIAN PRESS FILE

ing Oscars, a spokesman said Wednesday it has no plans to get into religion.

"Loto-Quebec has no intention to offer betting on the identity of the next pope," said spokesman Jean-Pierre Roy. "I don't think that's what people would expect from a government organiza-

tion."

Roy said sports gambling has been a fixture since the early 1990s. In recent weeks, the corporation has been testing the waters on betting on the Oscars and Roy says it will only know after the Feb. 24 ceremony whether it was a hit. The Atlantic Lottery Corp. was the first to announce it would offer Oscar betting this year.

"But betting on a religious event, we're not sure that would be the best way to go," Roy said.

Since Pope Benedict XVI's surprise announcement on Monday that he will step down on Feb. 28, Quebecers have weighed in on whether Ouellet could be next in line.

Ouellet, the 68-year-old native of La Motte, Que., was named a cardinal in 2003. In 2010 he was made head of the powerful Congregation for Bishops, which vets bishops' nominations worldwide.

THE ASSOCIATED PRESS



Capping a reign

Vatican Secretary of State Cardinal Tarcisio Bertone takes off his skull cap after delivering a speech to Pope Benedict XVI at the end of the Ash Wednesday mass in St. Peter's Basilica.

GREGORIO BORGIA/THE ASSOCIATED PRESS

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IOR

New Vatican bank head to be named

The Vatican says a new president of its embattled bank is expected to be announced within days.

The Institute for Religious Works, or IOR, has been without a leader since May, when its board ousted Italian banker Ettore Gotti Tedeschi for incompetence. It was a stunning move that came just as the Vatican was submitting its finances to a review in a bid to join the list of financially transparent countries.

THE ASSOCIATED PRESS

Agriculture

Government funds beet study

The federal government is spending \$600,000 to help the sugar-beet industry find new uses for the sweet tuber.

The money goes to the Alberta Sugar Beet Growers to study if beets can be used as a renewable alternative to petrochemicals.

THE CANADIAN PRESS



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Moscow

Russia plans to continue shipping arms to Syria

Russia will keep supplying weapons to Syrian President Bashar Assad's regime despite the country's escalating civil war, the head of Russia's state arms trader said Wednesday.

Anatoly Isaikin, the director of Rosoboronexport, said Russia sees no need to stop its arms trade with

Syria as the trade isn't prohibited by the United Nations. He dismissed western criticism of Russian arms sales to Assad's regime, saying his company has only delivered defensive weapons.

Russia also held out the prospect of bringing the two sides in the Syrian conflict together for talks. "We are prepared to provide the venue for Syrian talks if they want to meet in Moscow," said Mikhail Bogdanov, a deputy foreign minister. **THE ASSOCIATED PRESS**

Washington

Bill would extend immigration rules to gay couples

The head of the U.S. Senate Judiciary Committee wants the government to start affording gay married couples the same immigration benefits that heterosexual couples now enjoy.

On Wednesday, Sen. Patrick Leahy, a Democrat, introduced the Uniting Families Act, a bill that

would provide spousal immigration benefits to same-sex couples. Leahy discussed the bill briefly during a committee hearing on immigration reform.

Because the federal government does not currently recognize same-sex marriages, U.S. citizens cannot sponsor their same-sex partners for immigration benefits, including green cards.

The Supreme Court is set to take up three gay-marriage cases later this year. **THE ASSOCIATED PRESS**

Plane crash in Ukraine leaves 4 dead

Champion's League match.

Passengers on

wrecked flight were

headed to big game

Bad reputation

- In recent years, former Soviet republics have had some of the world's worst air-traffic safety records. Experts blame that record on aircraft age, weak government controls, poor pilot training and a cost-cutting mentality.

A passenger plane carrying soccer fans headed for a match skidded past the landing strip and overturned in the eastern Ukrainian city of Donetsk on Wednesday, killing four people, injuring two and leaving the fate of two others unknown, officials said.

The small, Soviet-designed AN-24 plane was carrying 45 people from the Black Sea port of Odessa, according to emergency officials. It was not immediately clear what caused the crash landing. Emergency Situations Ministry spokeswoman Inna Sedova told The Associated Press. The plane was operated by the small Southern Airlines company, which mostly runs domestic flights out of Odessa.

Sedova said that four people have been confirmed dead, two were injured and the fate of two others remains unknown.

Donetsk Gov. Andrei

Shishatsky said that rescuers had located one of the missing people in the wreckage of the plane but were still unsure whether the person was alive, the Interfax news agency reported. Interfax also quotes surviving passenger Dmitry Verbitsky as saying that the plane had caught fire during the crash landing, but it was quickly put out.

Shishatsky spokeswoman Rimma Fil said that most of the passengers were likely heading for Wednesday night's Champions League soccer match between Ukraine's Shakhtar and Borussia Dortmund. The match opened with a minute of silence in memory of the dead.

THE ASSOCIATED PRESS

**Saying goodbye to a slain officer**

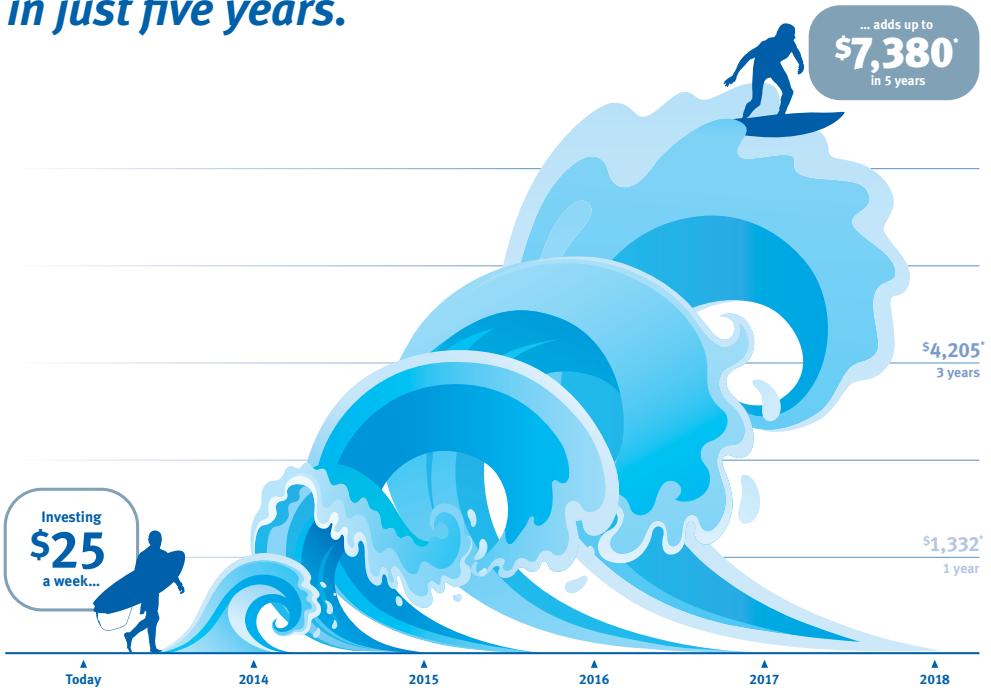
Police patrol cars and motorcycles escort the hearse containing the casket of officer Michael Crain outside the Grove Community Church in Riverside, Calif., Wednesday. The 34-year-old Crain was ambushed in his patrol car on Feb. 7. Authorities believe the shooter was ex-Los Angeles policeman Christopher Dorner, who'd written a manifesto expressing anger over his firing by the LAPD.

DAMIAN DOVARGANES/THE ASSOCIATED PRESS



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Tennesssssssee

Pastor wants his deadly snakes back

An eastern Kentucky pastor wants Tennessee wildlife officials to return five venomous snakes confiscated in Knoxville, Tenn.

Gregory Coots, who's known as Jamie Coots, is pastor of at the Full Gospel Tabernacle in Jesus Name Church in Middlesboro, Ky. Coots handles the snakes as part of worship services.

He told a television

station he bought three rattlesnakes and two copperheads in Alabama on Jan. 31. While he was driving through Knoxville, police stopped Coots for dark window tinting and saw the cages containing the snakes. A state wildlife officer confiscated them.

Coots is charged with illegally possessing and transporting wildlife. He was similarly charged in Kentucky in 2008, but said he now has a permit for snakes in Kentucky.

THE ASSOCIATED PRESS

United Arab Emirates

World's biggest Ferris wheel to be built in Dubai

Dubai's ruler has approval a \$1.6-billion US island development project that would be home to what's billed as the world's biggest Ferris wheel.

The official WAM news agency said Wednesday that the Ferris wheel, dubbed the Dubai Eye, will stand 210 metres, exceeding the London Eye's 135 metres. Construction is set to begin this year.



The London Eye will be dwarfed by a planned Ferris wheel in Dubai. GETTY IMAGES FILE

ceeding the London Eye's 135 metres. Construction is set to begin this year.

THE ASSOCIATED PRESS

Wonky ship will be out of commission through April, Carnival says**Not such a Triumph.**

Cruise line nixes 12 more voyages aboard ship stranded in Gulf

Carnival Cruise Lines has cancelled voyages through April aboard the Triumph, a ship that has been plagued by mechanical problems in recent weeks and was finally left powerless in the Gulf of Mexico after an engine-room fire.

Carnival's announcement of the 12 cancelled trips came Wednesday as the Triumph was being towed by two tugboats to a port in Mobile, Ala., with more than 4,000 people on board, some of whom have told relatives that conditions on the ship are dismal and that they

have limited access to food and bathrooms. Two other cruises were called off shortly after Sunday's fire.

Carnival disputes accounts that the ship is filthy, saying it's doing everything to make sure passengers are comfortable.

Weather permitting, the Triumph should arrive in Mobile sometime Thursday.

Debbi Smedley, a passenger on a recent Triumph cruise, said the ship had trouble on Jan. 28 as it was preparing to leave Galveston, Texas. Hours before the scheduled departure time, she received an email from Carnival stating the vessel would leave late because of a propulsion problem. Passengers were asked to arrive at the port at 2 p.m., two hours later than originally scheduled.

THE ASSOCIATED PRESS



A Coast Guard boat patrols near the cruise ship Carnival Triumph in the Gulf of Mexico on Monday. The ship was left floating aimlessly after an engine room fire knocked out its propulsion system. The Triumph, with 4,000 people aboard, is being towed to Mobile, Ala. and is expected to arrive Thursday.

LT. CMDR. PAUL MCCONNELL/U.S. COAST GUARD/THE ASSOCIATED PRESS

Rock on. Scientists look for alien life on Earth

Some U.S. scientists are helping search for evidence of alien life not by looking into outer space, but by studying some rocks right here on Earth.

Some of the rocks are up to 3.5 billion years old. The scientists are looking for crucial information to understand how life might have arisen elsewhere in the universe and guide the search for life on Mars one day.

"There's a story always hidden in rocks," said geoscientist Clark Johnson, the lead investigator for the Wisconsin Astrobiology Research Consortium.

"It's up to (geologists) to be clever enough to find the tools that we need to interrogate

Tiny treasure hunt

- The scientists are looking for biosignatures, or footprints of biological activity, which are substances such as elements or isotopes that show evidence of ancient life.

- They're also looking for microscopic signs of life, including microbes, which are bacteria, and other tiny, one-celled organisms.

those rocks to find what story they preserve."

THE ASSOCIATED PRESS

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Belgium criticized over conflict diamonds

Easing restrictions.

Country claims concern is for Zimbabweans, monitoring group sees profit motive

A world monitoring group on conflict diamonds said Wednesday it wants restrictions on the sale of Zimbabwe diamonds tightened after calls to relax them by diamond companies in Belgium.

Belgium has argued the controls hurt revenue filtering down to ordinary Zimbabweans. But Global Witness insisted in a statement circulated Wednesday the

European nation's interests were "closer to home" in its diamond centre of Antwerp that promotes diamond gifts around Valentine's Day.

The eastern Zimbabwe fields of Marange, where diamonds are mined, have long been mired in allegations of killings, human-rights violations and corruption.

The group warned against what it called "a love triangle" between Belgium, its diamond dealers and Zimbabwe.

"European Union members seeking to promote democracy and stability in Zimbabwe should avoid a menage-a-trois with Belgium and its diamond dealers this Valentine's Day," it said.

Context

Global Witness said any easing of curbs on Zimbabwe's diamond industry would likely mean more cash for Zimbabwe President Robert Mugabe's loyalist police and military just months before elections. Mugabe's party has a history of violence and intimidation surrounding elections.

It said Belgium is pressing for a European Union embargo on Zimbabwe Mining Development Corporation — at the forefront of diamond sales — to be lifted immediately.

Global Witness called for

the corporation to remain strictly bound by European restrictions and said Anjin, a Chinese joint-venture diamond-mining company with links to senior Zimbabwean military officials, should be added to the European sanctions list, along with Sam Pa, a powerful Chinese mining magnate accused of involvement in illicit diamond trading.

EU foreign ministers are scheduled to meet Monday to review the bloc's economic restrictions on Zimbabwe after years of human-rights violations and political and economic turmoil. But union officials say any relaxation of the measures will depend on the holding of a credible referendum on a new con-



An unidentified diamond trader examines a newly polished stone at the Diamond Market in Antwerp, Belgium. GETTY IMAGES FILE

stitution slated for March or April and parliamentary and presidential elections later in the year.

"The European Union should hold a steady course

and restrict trade with diamond-mining operations in Marange until free and fair elections have taken place," Global Witness said.

THE ASSOCIATED PRESS

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Apple

MacBook Pro
cheaper, faster

Apple says it has lowered the price of its 13-inch MacBook Pro laptops by \$200 and updated its processors. It also launched new models with faster processors and more memory.

Apple Inc. said Wednesday that the MacBook Pro with "Retina" display and 128 gigabytes of flash memory will now cost \$1,499, down from \$1,699. A new model with 256 gigabytes of flash will cost \$1,699.

THE ASSOCIATED PRESS

Brazilian patent office

Local company has
rights to 'iPhone'

Brazil's patent authority has taken a bite out of Apple with an announcement Wednesday that the iPhone name in Brazil belongs to a local company called Gradiante SA, not to the global computer giant. The verdict doesn't forbid Apple from using the name in Brazil.

Gradiante had filed its request to use the iPhone brand in 2000.

THE ASSOCIATED PRESS

Frozen lasagna

Horsemeat
reaches Germany

The European horsemeat scandal has spread to Germany. A spokeswoman for the country's agriculture and consumer protection ministry says officials were notified Tuesday that a shipment of frozen lasagna containing horsemeat was delivered to at least one trader in western Germany.

Millions of burgers and frozen meals have been recalled across Europe since the discovery of mislabelled horsemeat last month.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
99.82¢ (+0.09¢)

TSX
12,775.28 (-13.74)

OIL
\$97.01 US (-\$0.50)

GOLD
\$1,645.10 (-\$4.50)

Natural gas: \$3.31 (+8¢)
Dow Jones: 13,982.91 (-35.79)

New Canadian cell challenger on scene

Halifax. Eastlink first to offer 4G LTE network

A Halifax communications company is now competing with some of Canada's wireless giants.

Eastlink, owned by Bragg Communications Inc., is now offering cellphones to Nova Scotia and Prince Edward Island on a no-term contract basis.

Eastlink wireless president Matthew MacLellan said the new service would include Canada's first and only 4G LTE network.

"You've got competitors of ours based out of Montreal, Toronto and Vancouver," MacLellan told the crowd at the Eastlink store in downtown Halifax on Wednesday. "We think we can do it from Halifax and we think we can do it just as well and better."

"Why should you have to go to your cottage and have to stand up on the roof to try and get cell signal?"

Existing Eastlink customers can opt to bundle a cellphone



Eastlink's wireless president Matthew MacLellan shows off his smartphone prior to a launch party on Wednesday. JEFF HARPER/METRO IN HALIFAX

with their Internet, television or home phone to save 10 to 20 per cent.

"We really tried to listen to everything that customers

said that they liked about cellphones and cellphone companies and the things they didn't like," said MacLellan.

ALY THOMSON/METRO IN HALIFAX

Card payments. Retailers misled: Watchdog

A federal consumer watchdog says some credit and debit card payment companies are breaking rules it created to protect retailers, which in turn could be costing Canadians more money.

The Financial Consumer Agency of Canada issued a warning to the industry on Wednesday that it will not tolerate payment companies who mislead merchants into paying hidden fees or lock them into confusing contracts.

The concerns stem from a code of conduct introduced by the federal government nearly three years ago designed to encourage further clarity in the contracts signed between retailers and credit and debit card companies.

But the agency said it found some payment companies, who it did not name, have been misrepresenting the terms of contracts with merchants by advertising and promising rates that they were unable to honour.

THE CANADIAN PRESS

ing giant. Stephane Roy said he was made a "scapegoat" and described as a "rogue employee" when he was fired a year ago despite always acting on the company's orders.

The former controller is seeking \$930,000 in lost salary and benefits, including \$100,000 in moral damages and for ruining his reputation.

Roy reported to Riadh Ben Aissa, who remains in custody in Switzerland on suspicion

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\$930,000 Former SNC exec filing suit

A former SNC-Lavalin executive who worked with the jailed ex-head of SNC's construction division has launched a nearly \$1-million wrongful dismissal and defamation lawsuit against the Montreal-based engineer-

of laundering millions of dollars and bribing North African public officials. In Canada, Ben Aissa is accused, alongside former CEO Pierre Duhaime, of fraud relating to the construction of a new super-hospital in Montreal.

Roy was named in an RCMP affidavit with trying to smuggle former Libyan leader Moammar Gadhafi's son, Saadi, and his family into Mexico. THE CANADIAN PRESS

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A WRITTEN HISTORY OF ST. VALENTINE



HE
SAYS...

John Mazerolle
metronews.ca

One little known fact about me (along with every other fact) is that I am a Valentine's Day history buff. This is why so many women I've spent Valentine's Day with have told me, "You're history." Their words, not mine.

It's a fascinating topic.

By looking back at the origins of Valentine's Day, we can see how it overcame its humble beginnings as a 14th-century Coca-Cola promotion to become the genuine and understated holiday we know and love today, giving birth to some of the great poetry and art of our time.

The history of Valentine's Day: From mass decapitation to mass duplication:

Ralph Wiggum syndrome

With its perfect pre-Hollywood combo of romance and violence, Valentine's Day became increasingly popular. The biggest breakthrough came in 1584 when journeyman poet William Shakespeare wrote "Bee my Valentine" next to a picture of a bee.

guished loves and several brutal wars. All was fair in both cases, and nobody ever had to say they were sorry.

The dismal state of affairs (most of the cards ended with the clumsy "Be My Lupercalia") eventually changed with the birth of three different men named Valentine, a glorified soul considered so important to God that He built in double-redundancy. The three saints Valentine were very different people, but they all shared one romantic trait: They were all brutally executed.

This, of course, dovetails nicely with our perception of modern love. Since their beheadings, the most perfect loves in fiction have always ended in death (Romeo and Juliet, Rose and Jack, Teen Angel and Narrator), leaving many husbands and wives to wish their romances could end so perfectly.

A number of legends have grown around the executions of St. Valentine(s), not all of them true, but it's clear their deaths gave rise to several famous romance-related phrases.

For instance, it's well documented that the grand executioner began each decapitation with the solemn proclamation: "It's not you, it's me."

Also, each saint's head tended to fall on his twitching feet, leading to the well-known phrase "head over heels." ("To wear your heart on your sleeve" also came about then, but it's best not to get into details.)

With its perfect pre-Hollywood combo of romance and violence, Valentine's Day became increasingly popular. The biggest breakthrough came in 1584 when journeyman poet William Shakespeare wrote "Bee my Valentine" next to a picture of a bee. This brilliant bit of wordplay took off on Reddit, leading to fame and fortune for Shakespeare, despite claims of copyright infringement by user Francis_Bacon.

Combined with the invention of the Gutenberg Laserjet Printer, spreading love around the world was soon as simple as plunking down \$8.95. By 2012, for the first time ever the illness that is love could spread worldwide just as quickly as love-related illnesses.

The poets of the past would be uncharacteristically speechless if they could see how easy sharing the perfect words has become. Though I think if Shakespeare were here today, he'd probably say, "What a time to bee alive. Or if not alive, to buzz off."

I'd love to see him top that.

And they call it guppy love



CLELIA GASPARINI/THE ASSOCIATED PRESS

Advice from a guppy

Choose an ugly wingman to make yourself shine

When it comes to mating, guppies treasure their ugly friends — because they look so good by comparison.

An article published Wednesday by Britain's Royal Society says that male guppies prefer to associate with their drab-coloured counterparts when females are around.

"Males actively choose the social context that maximizes their relative attractiveness," the article said. Or, as lead author Clelia Gasparini put it: "If you are surrounded by ugly friends, you look better."

THE ASSOCIATED PRESS

The dating game

- Mating rituals.** An aquarium was set up with one female in partition on either end. Guppy bachelorette No. 1 had two attractive, brightly coloured males placed on either side of her. Guppy bachelorette No. 2 was stuck with uglier, drab-coloured fish.

- The ugly guppy.** When a male guppy was put in the middle of the tank, and given the choice of which female to approach, bachelorette No. 2 was the more popular pick, with male guppies spending about 62 per cent of their time hanging around her side of the aquarium.

Plenty of fish

Ugly guppy plays matchmaker

The researchers also found that the time guppies spent with the guppy that was surrounded by ugly fish correlated with their unattractiveness. The uglier the guppy, the less likely it was that he would hang around the brightly coloured fish placed next to bachelorette No. 1.

Because it could be argued that guppies avoided their brightly coloured pals because attractive fish were more aggressive, or because predators were more likely to spot them, the experiment was repeated. Researchers ran it without any females, and again with the lights in the male enclosures turned down so that the test guppies couldn't see them.

THE ASSOCIATED PRESS

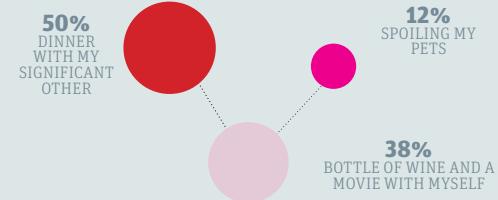
"As a researcher I cannot compare human mating systems with the guppies' one. But if you ask me as a person, sure.... I saw this tactic working pretty well with humans.... If you want to impress someone, do you think you will look more attractive in comparison with Mr. Bean or George Clooney?"

Clelia Gasparini, lead author of article published by Britain's Royal Society



Register at metropolitanpanel.ca and take the quick poll

How will you be spending Valentine's Day?



Twitter

@SensChirp:

In 4 minutes, TSN broadcast has declared Craig Anderson the best goalie in the #NHL and Erik Karlsson the league's best player. #Sens

@Onehairatatime:

Celebrating Valentine's tomorrow with my nearest and dearest.

@sensfoundation:

The numbers are in. #BellLetsTalk generated 96,266,266 texts, tweets & fb shares which means



\$4,813,313.30 for mental health. Awesome

@JasmineJeffries: @gcaps13 No you are helping! It's so confusing I hate english! Why do we have so many versions of words

@TheKnittedArts: Fresh off the knitting needles! Toddler size Yoda inspired hat #knitting #Yoda #TheKnittedArts #Etsy <http://t.co/RlgrOTI8>

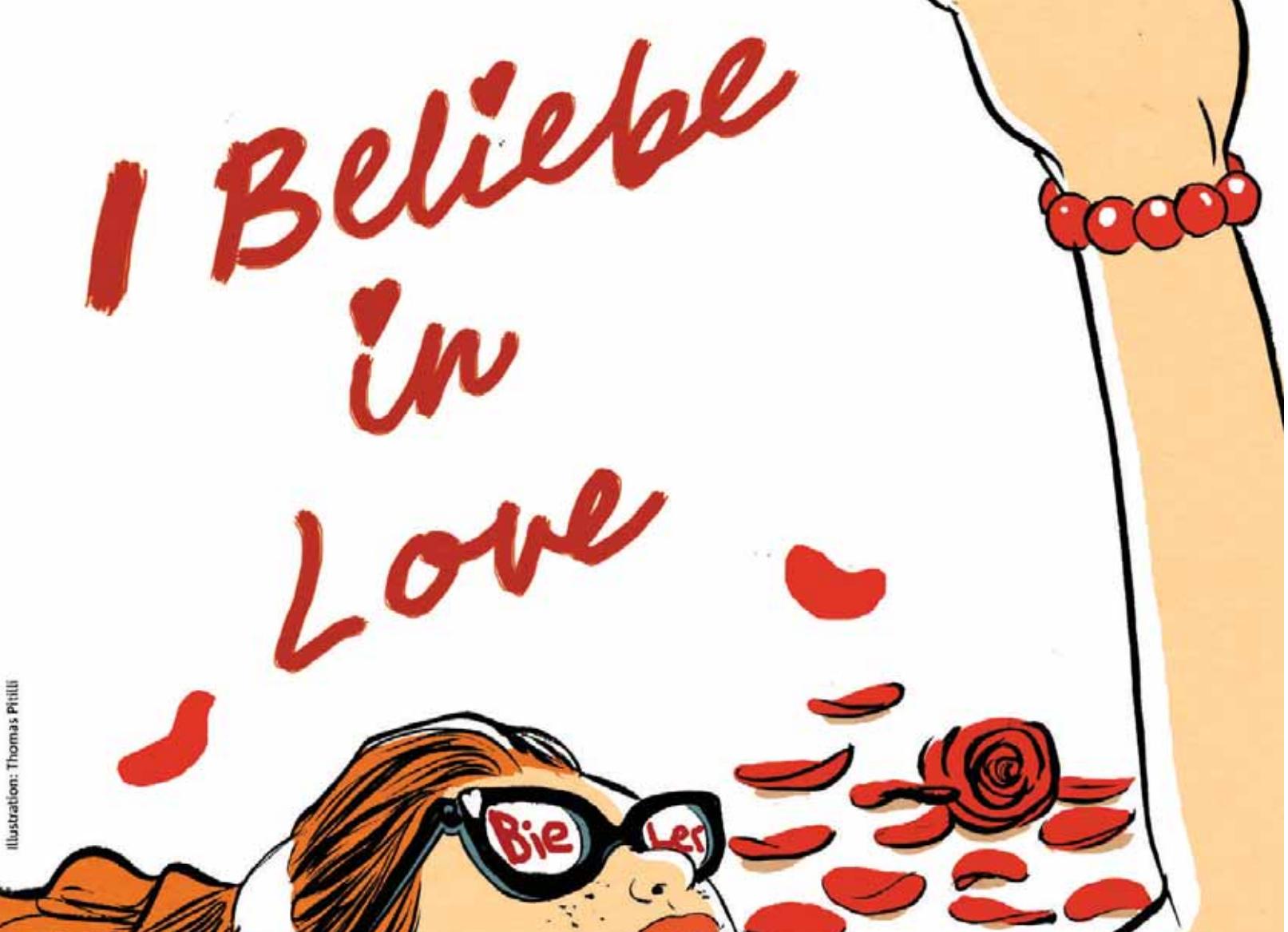


Illustration: Thomas Phillips

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3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!

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No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Bieber (approximate retail value of \$5,000 CAD). Skill testing question required. Contest closes February 28, 2013 at 12:00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prize(s).



One lucky reader will meet Justin Bieber backstage at a future show through Metro's Valentine's Day contest. CONTRIBUTED

Believe in love!

Justin Bieber. Enter our Valentine's Day contest for a chance to meet the superstar

MICHAEL FREIDSON
Metro World News

Metro's Justin Bieber contest gives you the once in a lifetime opportunity to meet him backstage at a future show. Alas, we were not so lucky, but the superstar did answer some questions about his new album, Believe Acoustic, via email, shortly before heading out on his European tour.

On Believe Acoustic, you sound more raw and more available than on previous big-production tracks. How do you make that intimacy sound authentic, even though you're ...

Justin Bieber?
It sounds authentic because it is. Acoustic performances, whether busking in my hometown or on YouTube, are how I got started. Songs and performances like that really give me the chance to connect with my fans. That connection is why I perform an acoustic set as part of my Believe Tour every night.

Does this bring us closer to the "real" Justin?
I think everything I put out is a representation of the real me. But this album (Believe Acoustic) definitely allows the public to see a different side of me than Believe. The sound of this album is a lot rawer and more exposed.

I ask because previous stars your age — Timberlake, Britney — usually start to define their sound for an older audience around this time. Where are you going?

Quoted

"I'm just growing up and my sound is maturing with me. I just write about what is going on in my life."

Justin Bieber, on his new album Believe Acoustic

I'm just growing up and my sound is maturing with me. I don't spend a lot of time planning where my music will go next. I just write about what is going on in my life and how I am feeling and it's causing the music to grow with me in a very organic way.

Lots of guys in dorm rooms everywhere play acoustic guitars to pick up girls and fail, because they look cheesy. What tips do you have for them?

Be confident.

What are you doing this Valentine's Day?

I've got a small break before my U.K. tour dates start so

I'm still figuring it out.

What's the wildest offer you've had from a fan?
I get a lot of marriage proposals.

We have to ask about Nothing Like Us, a song about your break up with Selena Gomez — you told Billboard you're not in the happiest place and have friends to get you through. What have you learned about relationships?
I have learned a lot about who I am and who I want to be.

And?
I've also learned how to be there for someone else.

Bieber's V-Day Playlist

Justin creates his ultimate romantic mixed tape — fire up the iTunes and turn down the lights!

- **I'll Make Love To You.** Boyz II Men
- **As Long As You Love Me.** Justin Bieber
- **You Are Not Alone.** Michael Jackson
- **7 Days.** Craig David
- **Back at One.** Brian McKnight
- **Climax.** Usher
- **Because of You.** Ne-Yo
- **Let's Get it On.** Marvin Gaye
 - **Best I Ever Had.** Drake
 - **Broken Road.** Rascal Flatts



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Romance



Safe Haven

Director: Lasse Hallstrom

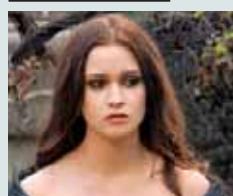
Stars: Josh Duhamel, Julianne Hough

• • • •

Josh Duhamel and Julianne Hough are blandly likeable enough but this seventh big-screen adaptation of a Nicholas-Sparks-authored heart flutterer won't find a safe haven from discerning audiences. Simply put, this tale is about a woman seeking sanctuary in a sleepy town who falls for a widower while her psychotic hubby hunts her down. Veteran filmmaker Lasse Hallstrom (Dear John) does his best to mould the melodrama but Safe Haven is still mostly stale and unmistakably safe storytelling.

STEVE GOW

Romance/Drama



Beautiful Creatures

Director: Richard LaGravenese

Stars: Alice Englert, Alden Ehrenreich

• • • •

Based on a series of young adult novels, Beautiful Creatures is likely aimed at the same cinematic spendthrift crowd that turned the Twilight franchise into box-office alchemy. Adapting the love story between a longing, teenaged book-worm and his supernatural girlfriend with a curse, Oscar-nominated filmmaker Richard LaGravenese (The Fisher King) clutters an ultimately simplistic story with complications that are neither all that compulsory nor compelling. It ends up anything but super or natural. **STEVE GOW**

Action



A Good Day To Die Hard

Director: John Moore

Stars: Bruce Willis, Jai Courtney, Sebastian Koch

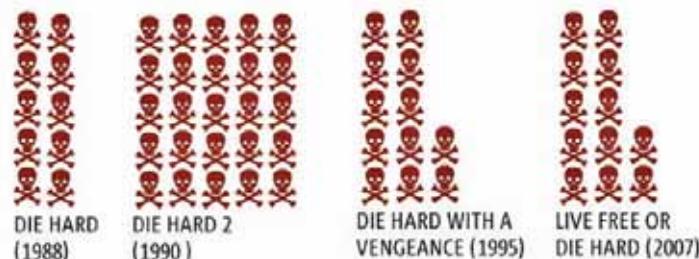
• • • •

The original Die Hard is an '80s classic. A near perfect mix of action, humour and Bruce Willis' charisma, it was a claustrophobic thriller set inside an office building. Since then the movies have slowly opened up the action, becoming more generic with every added location. The new film sees Willis in Russia joining forces with his CIA operative son (Jai Courtney). It has exotic locations and a body count that would take a mathematician to calculate, but none of the wit or style of the first film.

RICHARD CROUSE

JOHN MCCLANE'S BODY COUNT

We chart the number of bad guys Bruce Willis has dispatched over the four Die Hard films — and see what the data might tell us about how he'll do in the fifth instalment, *A Good Day to Die Hard*.



Oscar host: the world's hardest job

Seth MacFarlane.

Family Guy creator takes the reins from Billy Crystal this year — and is banking on not being invited back



Seth MacFarlane GETTY IMAGES

Despite getting advice from Billy Crystal and working as hard as he can to prepare for hosting duties at the Academy Awards, Seth MacFarlane thinks his hosting gig is a "one-off" and that he'll be "flayed by the press" no matter what he does.

Speaking to reporters Tuesday from the Dolby Theatre, where he'll host the 85th annual Oscar ceremony on Feb. 24, the entertainer was alternately confident and self-deprecating.

"I'm not feeling a lot of pressure from myself," he said. "There is sort of a comfort in knowing that no matter what you do, you're going to get the same reactions in the reviews. So I could put on the worst or the best show in the world and I will still be flayed by the press."

Still, he said he's spent five months trying to strike a comedic balance that will satisfy the fans of his animated shows and the comparatively highbrow audience inside the Dolby Theatre.

"I've set myself up for the hardest job in the world because the fans of Family Guy and Ted and the shows and whatnot that I do are expecting one thing. If I de-

liver that, this crowd will walk out," he said.

He promises to add bite to the show — "The whole point of their bringing me on was to give it a little bit more of an edge" — but acknowledges there will be a lot of ego in the audience.

"You have a room full of people who are at the top of their game — they're successful, they're being honoured, they're attractive — and yet this is also the group with the thinnest skin on the planet," he said, "so it's a tough group."

The 39-year-old entertainer said Crystal gave him some helpful advice, including "get comfortable with your shoes before you go on stage."

MacFarlane will sing during the show and is also a nominee for his original song for Ted, but said he expects to lose the category to Adele.

He's aiming for "very much a classic Oscars with a much more current edge," and said, "It's impossible to work any harder than I have in preparation for this," but he still doesn't think he'll be invited back.

THE ASSOCIATED PRESS

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SAFE HAVEN

SCREENPLAY BY DANA STEVENS AND GAGE LANSKY DIRECTED BY LASSE HALLSTRÖM

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Bocelli sets the mood for *Passione*

Love songs from the Mediterranean.

Legendary opera singer talks to Metro about reconnecting with songs from his youth

PAT
HEALY
scene@metronews.ca

With his latest album, *Passione*, Andrea Bocelli has put together a collection of love songs from the Mediterranean, most of which he sang in piano bars during his formative (read: not yet famous) years in Italy.

The songs on this album seem easier to sing.

It's easy for me, but the difficulty is in the expression that you have to put in these kinds of songs, because the original interpreters of these songs are the best singers of the world. So I have to be very careful to put all my heart into the interpretations.

Tell me about when you used to play these songs in piano bars.

I began to sing pop music when I was 18 years old, more or less. ... Before, I sang and listened to only opera, because my passion is for that. But when I began to play in the piano bars, I discovered wonderful pages of music — of pop music. In a few months, I learned many songs, and I began to learn the most

important and famous songs of the world like *Strangers in the Night* ... all the songs that I put now in these albums, because every song on this album is a beautiful memory of my youth.

You do a duet of sorts with Edith Piaf. She died when you were about eight years old. Tell me about your connection with her.

When I was a boy, I didn't know anything about Edith Piaf. ... But I did hear her voice, and ... it hit me deeply from the very first time that I heard it. ... And then of course, years later I actually learned more about her life ... and I realized that since she had some varied and very deep experiences in her life, this definitely must have helped her in becoming so expressive with her music.

Do you pull from experiences to be more expressive?

Absolutely, yes. ... Each one of us sings what we are. And therefore we express through our voice what cannot be expressed through words alone.

Tell me about this album's duets with Nelly Furtado and Jennifer Lopez.

Those were mostly ideas that David Foster suggested. And for me, they were both beautiful surprises. ... They really are very expressive when they sing.

There seems to be a real Latin flair on this album.

The Latin world is (full) of great



In his latest album, Andrea Bocelli sings with Nelly Furtado and Jennifer Lopez. GETTY IMAGES

It takes three to Tengo

As Yo La Tengo close in on 30 years as a band, the trio has secured their name as one of the most beloved and long-standing survivors in indie-rock.

While most of their contemporaries have already broken up and launched reunion tours, Yo La Tengo continue on their sonic journey without interruption, and with a legacy and longevity revolving around consistency — not so much a consistency of sound, as much as providing a standard in making great, timeless records that will go down in the permanent lexicon and discography of indie-rock music.

Beginning in 1984, and based around the husband-and-wife harmonies of founding members Ira Kaplan and Georgia Hubley, the addition of James McNew in the early '90s put the band in unique position where each of the members was now a potential singer and songwriter, making their music all the more diverse.

They have scored films, appeared on numerous compilations and even dared to take their already underground following to more obscure levels by creating a garage rock cover band known as Condo F—s for anyone following along.

With the recent release of *Fade*, their 13th official LP, the band seems to have created one of their most thematic and



After 30 years, Yo La Tengo is still going strong with the release of their 13th album. CARLIE ARMSTRONG/CONTRIBUTED

introspective records to date.

Beginning with the lines: "Sometimes the bad guys come out on top/ Sometimes the good guys lose/ We try not to lose our hearts/ Not to lose our minds," you get the sense that this is an album dealing with maturity and a search for answers.

And though the feeling seems to continue on throughout the record, the theme may not have been conscious at all.

"I probably would say it's not true," says singer and guitarist Kaplan. "But I could be lying. Although the songs

are written over a year, the lyrics are not. The lyrics are written very quickly.

"We tend to sing along in a sort of nonsense kind of way and even record the songs without lyrics and at the last second come up with them. I think because of the speed and the concentrated space in which the lyrics are written, the songs end up talking to each other. But in no way is there a plan. It just sort of takes shape the way it does organically, not with a concept put behind it."

NOLAND GAWRON/METRO



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Sharing the love on Valentine's Day!

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metrop
News worth sharing.



Joe O'Brien, left, directs the cast of the 2011 presentation of *Inspecting Carol*. ALAN DEAN

The little Ottawa theatre that could

Anniversary.

Community theatre celebrates milestone 100th season



BACKSTAGE
PASS
Jen Traplin
ottawa@metronews.ca

The Ottawa Little Theatre (OLT), the longest running community theatre in Canada, has produced more than 1,000 plays in its history and this year, celebrates its 100th season.

Joe O'Brien is a director, former president and board member of the Ottawa Little Theatre. He has been involved with the theatre for nearly 60 years.

He says that, in a lot of ways, the theatre hasn't changed over the years but says, in some ways, it has.

"I think the biggest change is that, when I first started in the '50s as a student of the theatre, the Ottawa Little Theatre was the place to be seen. It was always filled with all these ladies in furs and gentlemen in

tuxedos. I think we've become more of a community theatre than it was perceived many years ago," he says.

Like O'Brien, John Muggleton, director of marketing and communications for the Ottawa Little Theatre, shares a long history with the theatre — his mother was just 15-years-old when she acted in her first play at the OLT, a play that was directed by Joe O'Brien.

Muggleton says, today, the biggest challenge facing the 100-year-old theatre is technology.

"Any theatre's biggest competition is Best Buy and Future Shop because those stores are designed to keep people indoors," Muggleton explains.

"Everything they sell is telling people you don't need to leave the house — here's a giant TV, here are some video games, movies and computers. That's really our challenge — getting people to leave the house."

To celebrate its 100th season, the Ottawa Little Theatre is presenting popular plays from every decade of the theatre's existence — Ten Great Plays from Ten Decades — including O'Brien.

Info
Ottawa Little Theatre's 100th Season — Ten Great Plays from Ten Decades

- Now showing.
Pride and Prejudice
- On until.
Now until March 2

Pride and Prejudice, *Deathtrap* and *Steel Magnolias*.

Like Muggleton, O'Brien hopes people who have enjoyed the OLT over the years will continue to support the theatre, which he calls "one of the most necessary cultural organizations in the city."

"It's given me a place to play but, more than that, it's trained so many people and offered so many opportunities for actors, directors, designers, technicians, some who have gone on to become professional," says O'Brien.

"My hope is that will still happen."



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1 sugar cube
5 dashes Peychaud's bitters
2 oz bourbon or whisky
1/4 oz Lucid Absinthe Supérieure
Lemon twist for garnish

Add ice to a rocks glass and let chill. In another rocks glass add 1 sugar cube and soak with Peychaud's bitters. Muddle sugar cube until granules dissolve with bitters, add bourbon, add ice and stir. Discard the ice in the other rocks glass and add Absinthe. Swirl Absinthe around the inside of the glass then discard. Strain in the bourbon-bitters mixture and serve neat. Garnish with a lemon twist.



GEORGIA MINT JULEP

It's Divine, I Do Declare!

12-15 fresh mint leaves
1/2 oz peach schnapps, divided
1 1/2 oz Devil's Cut Bourbon
Mint sprig for garnish

Place the mint and 1/4 ounce of the peach schnapps in a Julep cup or Old-Fashioned glass and muddle gently, working the leaves up the side of the glass. Fill the glass with ice, then add bourbon and drizzle remaining peach schnapps on top. Garnish with a mint sprig.

Southern Cocktails on now at the LCBO.





Creature, pictured here, is part of *Freakshow*, an unscripted series premiering Thursday at 9:30 p.m. ET on AMC. THE ASSOCIATED PRESS/AMC

Freaks, geeks and taxidermy

Freakshow. AMC departs from scripted fare like *Mad Men* with new series on Venice Beach 'freaks,' comic book geek-chat and competitive taxidermy

"Wonder is still alive," says Todd Ray. "People are still curious."

"Ray sure is. Wonder and curiosity led him to bail on a flourishing career as a music producer seven years ago to indulge his passion for the odd."

Today, with the enthusiastic participation of wife Danielle, teenage son Phoenix and daughter Asia — along with their extended family of wondrous exhibitionists — Ray is the impresario of a freak show on the boardwalk of Venice Beach, Calif.

And, now, they're all poised to become TV stars, thanks to *Freakshow*, an unscripted series premiering Thursday at 9:30 p.m. ET on AMC.

The Rays invite viewers to meet the gang, and — don't worry — it's OK to stare at Amazing Ali, the miniature woman; Goth-fashioned Morgue, whose bag of tricks includes plunging a drill bit up his nose; Marcus "The Creature," whose body is a tableau of tattoos and piercings; and George, who, at seven-feet-eight-inches, is, well, the resident Tall Man.

Even Asia Ray has gotten into the act, transforming herself from a dutiful student and aspiring classical musician into a radiantly charming fire-eater, sword swallower and contortionist. Music school can wait. The *Freakshow* calls.

Granted, much of the reality-show genre could be branded a freak show, with the likes of Honey Boo Boo, Snooki and the Real (pick your city) Housewives freaking out for the cameras.

But in Ray's lexicon, "freak" isn't a bad word at all. "We're all freaks of the universe," he says, meaning everyone on the planet Earth. "We're all individuals so unique that we're actually magical creatures."

No wonder he celebrates people who are even odder than most. During a recent interview he explains that, "when they join us, they're respected and they're treated well."

Ray says the series explores why they do what they do as

New lineup

Some viewers may wonder what an unscripted series like *Freakshow* is doing on a network known for feature films and acclaimed dramas like *Mad Men* and *The Walking Dead*. But *Freakshow* isn't AMC's only departure from scripted fare.

- On Thursday at 9 p.m., *Comic Book Men* resumes its second season of informed geek-chat originating from filmmaker Kevin Smith's New Jersey comic shop, Jay and Silent Bob's Secret Stash.
- Then, at 10 p.m., following *Freakshow*, AMC will premiere *Immortalized*, a wondrously odd competition show. Let other competitions settle who can rustle up the best grub or shed the most pounds. *Immortalized* focuses on taxidermy.

performers, "and, if they're born uniquely different from most people, how they cope with the struggle against the 'normal' world — how they deal with society that puts them on the outside."

How should the "normal" world deal with them in return? "You can look at those who are different from you and be excited about them," Ray says, "and then you can look in the mirror and be excited about yourself."

THE ASSOCIATED PRESS

Southland. King battles sleep deprivation — both on and off the screen

When *Southland* returns to TNT on Wednesday, viewers will see the character of Los Angeles police detective Lydia Adams as a new mom desperately in need of sleep.

"She's not juggling things so well. Motherhood is not coming naturally," said actress Regina King, who plays Adams.

"I think Lydia has always been one of those (people) who has been pretty good at everything she's done, so I wouldn't say that it's coming as a shock to her, it's just a lot. She didn't anticipate having a colicky baby, so she's not getting any sleep, and that affects everything, especially being a detective."

Off-camera, King can definitely relate. She's not a new mom, but she's been pulling double duty, directing and acting in an upcoming episode of the acclaimed series.

"It's tiring because as a director you have to be thinking



Regina King THE ASSOCIATED PRESS

about everything," she said.

King directed the fifth episode of the new season. Now that the episode is done filming, King is involved in the editing process. Plus, she's acting in subsequent episodes. THE ASSOCIATED PRESS

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Jeremy Hotz

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1 oz Dr. McGillicuddy's
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1/4 oz grenadine
1/2 oz freshly squeezed
lemon juice
Soda water
Lemon wheel for garnish

Add schnapps, grenadine and
lemon juice to a collins or high-
ball glass filled with ice and stir.
Top with soda and stir again to
mix. Garnish with a lemon wheel.



GEORGIA PEACH

Fall in Love With a Southern Belle

1 1/2 oz Absolut Vodka
1/2 oz peach schnapps
Splash of freshly squeezed
orange juice
Orange peel for garnish

Pour all ingredients into a shaker
filled with ice and shake until very
cold. Strain into a cocktail glass,
and garnish with an orange peel.

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Bruce Willis ALL PHOTOS GETTY IMAGES

Willis only hits the bottle a bit now

Bruce Willis admits he used to have a drinking problem, leading to a brief foray into complete sobriety, but he's past all that now. "I had been sober (for a while)," he tells GQ magazine, explaining that he eased off his personal prohibition "once I realized that I wasn't going to run myself off the pier of life with alcohol, drinking vodka out of the bottle every day." As for his current drinking habits? "I have wine now,"

mostly when I eat," he says. Of course, Willis is still facing the unstoppable march of time. "Nobody wants to hear this bad news, but we're all dying on some level," he says. "I'm going to try to keep this machine moving forward as much as possible and not have to think about the eventuality of becoming more frail and less able to do the work. I know that I'm not going into politics. That's not an option."

Swift response to exes, Underwood



Taylor Swift

Taylor Swift had more exes on her mind at the Grammys than just Harry Styles, whom she mocked during her performance of *We Are Never Ever Getting Back Together*. The lovelorn singer also made a point of avoiding ex-boyfriend John Mayer and his current squeeze, Katy Perry, despite being seated near each other, according to *Us Weekly*. And as for reports that Grammy organizers were ordered to keep Swift away from rival Carrie Underwood? "Taylor feels Carrie is always rude to her, so she steers clear of her," a source tells the magazine, pointing out that "after Carrie performed, Taylor didn't stand. Everyone else did."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Hugh Jackman: Nope, not gay



THE WORD
Dorothy Robinson
scene@metronews.ca

Just because he has a deep love of musical theatre, lives in the West Village and has an older wife does not make Hugh Jackman gay. In an in-depth interview with *The Hollywood Reporter*, the Australian star addresses the gay rumours that constantly swirl around him.

"Just recently, it bugs her," Jackman, 44, said about what his wife of 16 years, Deborra-Lee Furness, 57, reads online. "She goes: 'It's big. It's everywhere!'"

His *X-Men* producer Lauren Shuler Donner even went

on record with the magazine to talk about their marriage. "I have seen him with Deborra since the beginning of their trip to Hollywood, and I've been on five movie sets with him and have never seen him stray, have never seen him eye anyone," she said. "I met him when he did *Oklahoma!* (at London's Royal National Theatre in 1999). He was genuine, hugely talented. He was in love with his wife that day and still is."

Doth thou protest too much? Who gets their producer on record to talk about the state of their marriage?

See? I'm doing it too! Why can't we believe that a drop-dead handsome, successful matinee idol can be happily in love with someone not on his level, looks-wise? Also, aren't we at the place in society that he could come out if he wanted to? Or am I just dreaming big here?



Lady Gaga

Gaga's pain puts concerts on hold

Lady Gaga has postponed her next four concerts because a joint inflammation condition called synovitis has left her unable to walk, she revealed on Twitter. "I've been hiding a show injury and chronic pain for sometime now. Over the past month it has worsened," the singer tweeted. "I've

been praying it would heal. I hid it from my staff, I didn't want to disappoint my amazing fans. However, after last night's performance I could not walk and still can't." Makeup dates for the cancelled shows — in Chicago, Detroit and Hamilton, Ont. — have yet to be announced.



Twitter



@EmmaBunton
I've been hacked!!!!



@carrieunderwood
Why do dogs' paws smell like Fritos? More importantly, why do I love to smell my dogs' paws? These are a couple of life's big questions...



@JimCarrey
America has become the biggest gun club in the world and every single day now we are seeing that Karma played out.



@OfficialAdele
Chris Brown and I were complimenting each other in that photo actually!



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London calling: Theophilus and the finer things

The song and pants.

Young artist helping to usher in an era where hip hop and High Street go hand in hand

RICHARD
PECKETT
life@metronews.ca

"Kids used to want to be rappers, but now they want to be fashion designers, which is cool. It's an education," says Theophilus London.

The New-York-based rapper is talking about his legions of fans and network of starry friends, which he refers to as "kids."

But in terms of the music industry, London, at 25, is still a youth himself — though a savvy one.

In fact, he's probably had more magazine and newspaper profiles (GQ, Esquire, Elle, The New York Times) and fashion collaborations (Cole Haan, Stüssy and Surface to Air) than he's had musical airtime.

And he can name drop with the best of them. Solange Knowles is "like family, like a sister."

He casually mentions seeing mood boards out at Kanye West's house. Those are some impressive con-

nctions considering that London, who was actually born in Trinidad, has only released one album, an EP and a selection of mix tapes.

Usually the lucrative endorsement spoils are rewarded after years of toil, making records or movies. However, London has managed to capitalize off of his personal style and cool credibility first.

"Rappers used to be wearing Air Jordans. I still wear them. But now, the progressive kids are more educated and wanting Givenchy, Rick Owens or Alexander Wang. And Kanye's clothes — they're dope," he says.

While London is answering my interview questions from the set of a Chevrolet commercial, he swears he approaches it all with a strategy and awareness that extends beyond the next commercial paycheque.

"I'd never do anything with McDonald's, for example. They're not moral," he says. "I have my own agenda."

For now, that includes a new album coming out this summer and planned collaborations with Azealia Banks and Frank Ocean.

"I never do things just for the money. I have to believe in it."

Hipster hop

"Rappers used to be wearing Air Jordans. I still wear them. But now, the progressive kids are more educated and wanting Givenchy, Rick Owens or Alexander Wang."

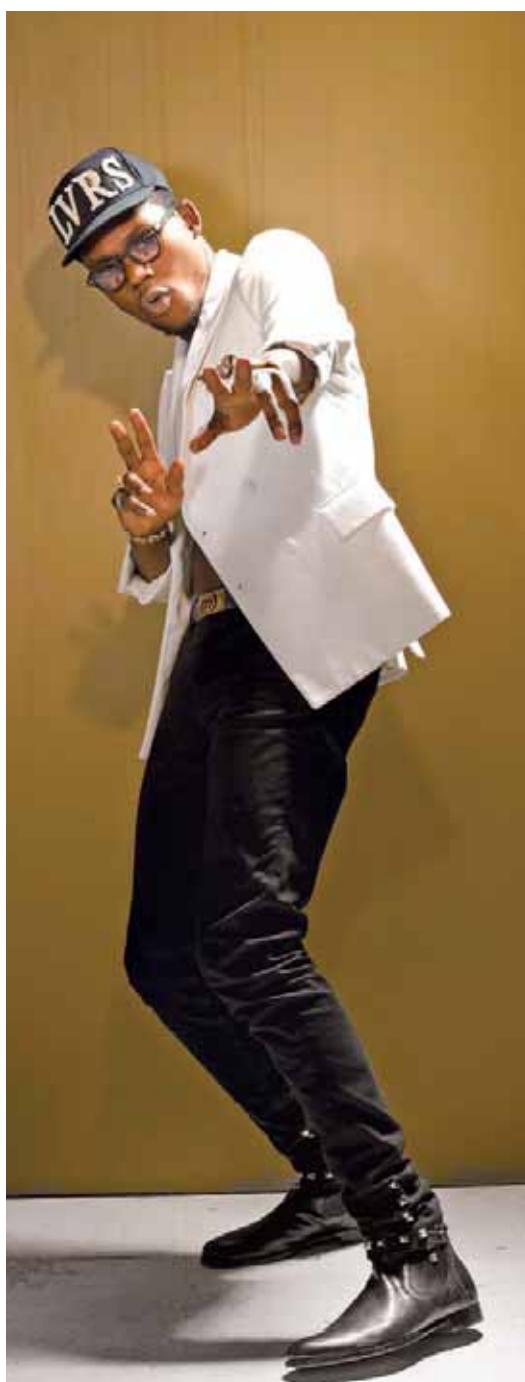
Theophilus London

Independently inspired

A studied approach to style



"The black suit and hat that I'm wearing on the cover of my first album, *Timez Are Weird These Days*, was inspired by Leon Ware (the writer behind Marvin Gaye's *I Want You* record). I got a lot of work off of the back of that. I know how to dress. I have a look and I don't need a stylist to tell me what to wear," London said.



Trinidadian-born American rapper Theophilus London now calls Brooklyn his home. HANDOUT

3
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FAMILY FUN

Thursday, February 14, 2013



Whether it's a backyard, lake or local community rink, lace up the skates with your family. Or visit a rink outside your city. Or you could get your family together and explore for a fun outing. COMSTOCK/THINKSTOCK

Time to enjoy the great outdoors

Activities. Canadian winters are perfect for families to get together to enjoy fun activities

ASTRID
VAN DEN BROEK
For Metro

With Family Day set in the middle of winter, perhaps this is a day to take advantage of the weather and head outdoors as a family.

But what to do?

Here are four ideas for getting your crew outside.

1 Get Your Skates On: Whether it's a backyard or local community rink, lace up those skates and hit the ice. "Or make a point of visiting a new rink outside your city. You have your local ones but there are some rinks worth driving to," says Minnow Hamilton, co-founder of the savvymom.ca site. Those in and around Ottawa should make the trek to the 7.8-kilo-

metre-long Rideau Canal. Other winter favourite activities include heading to your local toboggan hill.

2 Bring Summer To Winter: Try introducing your family to a summer sport in the winter. Think snow soccer or, Hamilton suggests, Frisbee golf or even geocaching.

3 Get Creative: Ann-Marie Burton, the Burlington, Ont.-based founder and president of the Momstown.ca groups, suggests putting food colouring into spray bottles to spritz the snow different colours or taking snow and making snow faces on trees or the sides of a brick house. "One of our chapters in Red Deer also took bubbles outside and the bubbles freeze mid-air and sometimes also on the wand," she says.



Get creative with your family when planning winter activities. JOCHEM SAND/DIGITAL VISION/THINKSTOCK

4 Explore Together: "You could do an outdoor scavenger hunt in a park or around your house," says

Tracie Wagman, the Toronto-based publisher of Help! We've Got Kids. "Or if you have a beach not too far from

you, I know our family likes to go to the beach in the winter — we find it fun to see the water and how crazy it can get." She also suggests looking for a public farm or gardens that you can wander through as a family.



Play a board game with your family if you want to unplug your electronic gadgets for the day. STOCKBYTE/THINKSTOCK

Ditch the distractions

ASTRID
VAN DEN BROEK
For Metro

With many of us hooked up to our iPhones, PlayBooks, DS gamers, Kindles and more, it's easy to drift apart as a family. But perhaps this Family Day, you and your unit should consider unplugging for the day.

Why Unplug?

"There is a different vibe that happens in your family when everyone's unplugged," says Ann-Marie Burton, the Burlington, Ont.-based founder and president of the Momstown.ca groups. "When you're not distracted, then you're more present in body

and mind and you're noticing what is happening." Burton also points out that five years ago being unplugged simply meant turning the TV off. Today, it's also about deactivating from all of our computers, phones, gadgets and video games, too.

How To Unplug?

Well, there's the obvious tactic of confiscating all gadgets and phones and locking them up somewhere for the day. But there might be a better way of going screenless.

"Have a discussion with your family prior to the day about going unplugged so their expectations are set," Burton suggests. "Because

there's nothing more disappointing to a child than to be told that they can't do their favourite things on a random whim."

And once you have your family's buy-in, begrudgingly or not, make a plan, suggests Tracie Wagman, the Toronto-based publisher of Help! We've Got Kids. "I find the more you plan with children, without over-planning a holiday, the better, because children get bored easily," Wagman says.

"But also build in some down time. Let them sleep in and spend a few hours in the morning just hanging out in their rooms or just playing together, for example."

Fresh ideas. Throw a themed party for a memorable time

ASTRID
VAN DEN BROEK
For Metro

Need a fresh idea for Family Day? Why not throw a party and invite a few other families? Better yet, steal one of these themes to make your get together truly memorable.

Colour Party

"You could have a colour theme to your party, where everyone comes in their favourite colour and bring a food in that colour as well," suggests Tracie Wagman, the Toronto-based publisher of Help! We've Got Kids.

Around The World Party

At home, every once in awhile, Wagman spins the globe, picks a country and, together with her children, tries to make a dish from that country. So why not expand that idea to a party? "You could do that with your friends where everyone picks



Pick a country for a recipe-themed party. CREATAS/THINKSTOCK

a country and brings a dish from that country," she says.

Belated Valentine's Party

Feel like delaying the love-in event? Defer a Valentine's party, Hamilton suggests, where you theme your games and foods around the annual day of love.

Oscar Party

Got older kids on your hands? "Why not try an Oscar party?" suggests Minnow Hamilton, co-founder of the savvymom.ca site. After

all, with the annual movie awards coming up on Feb. 24, you could rent a movie or two to watch with other families, serve popcorn and set up movie-themed decorations.

Superhero Party

Invite your guests to come dressed as Superman, Wonder Woman or their personal favourite superhero. Or steal a page from the movie The Five-Year Engagement and set up a "make-your-own-superhero" party.

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Even you can have a stylish kitchen



Trendy. Useful stylist tricks to make your kitchen look fabulous

With so many kitchens being designed smaller in size and open concept to fit our living spaces, it's important that they function well but look good at all times.

From someone who staged, propped and styled rooms for magazines and television shows for many years, here's a few stylist tricks to make your kitchen — no matter how large, small, high-end or low-end — look great at all times.



Repackage

Put packaged necessities in attractive display containers. Your favourite pasta, granola and espresso beans can be stored in decorative containers and displayed on the counter or behind glass doors.

Hint:

When displaying storage containers like baskets, jars or boxes, rely on the repeat method to help simplify the overall look. Using three to five of the same containers will allow a kitchen to look less eclectic.

Small scale

Look for space-saving countertop appliances in a small kitchen. Small and efficient appliances will save space and still offer up all the conveniences of a large kitchen.



Stand tall

Stand up trays, cutting boards and platters to hide unattractive backsplash. Choose fun shapes and trend-setting colours to help bring a boring kitchen to life. They even work standing up in the back of an open shelf or inside a glass-fronted cabinet. Got a really ugly backsplash? Try leaning a long dressing mirror horizontally across the back of the counter.



No faux pas

Mix artificial plants with real herbs/flowers. Every kitchen, no matter what size, needs a lush look. Adding real herbs and small plants with faux will extend the lush look long after the herbs have been used up and the next shopping day is near.



Tray it

Keep everyday items clustered on a tray. A tray filled with your morning French press, artificial sweeteners, bean grinder and your favourite mug will not only keep the counter looking tidy but keep you organized in the morning. Another tray with olive oils, dried herbs, vinegars, salt and pepper keeps the stove side organized for action.

Are you wearing colourful chemicals?



QUEEN
OF GREEN
Tovah Paglaro
green@metronews.ca

Non-toxic nail polish for Valentine's Day is so much sexier.

If red nails are part of your valentine's plans, show yourself some love and choose a non-toxic option.

Many Canadians mistakenly believe that since nail polish is widely available on store shelves and since it sports no warning label, it is free of health risks. Unfortunately,

this isn't the case.

Although cosmetic producers in Canada are required to disclose product ingredients, they don't have to warn you about the health concerns associated with those ingredients.

According to the David Suzuki Foundation, 80 per

cent of cosmetics contain at least one ingredient linked to health and environmental concerns.

Your bottle of nail polish likely contains at least three.

When shopping for a new bottle of Cherry Red, take care to avoid the following common chemicals of concern found in nail products:

1. Dibutyl phthalate (DBP)

Used as a plasticizer to prevent nail polishes from becoming brittle, this phthalate is classified by the EU as a suspected endocrine disruptor. In children, it's associated with liver and kidney failure when sucked or chewed. For this reason, Health Canada banned the use of DBP in soft vinyl children's toys, but its use in cosmetics is not restricted.

2. Formaldehyde and formaldehyde-releasing ingredients

The International Agency for Research on Cancer classifies formaldehyde as a known human carcinogen, but there are no restrictions on the use of formaldehyde-releasing preservatives (like DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine, quaternium-15 and sodium hydroxymethylglycinate) in nail polish. Formaldehyde itself is allowed in concentrations up to five per cent in nail polish hardeners.



According to the David Suzuki Foundation, 80 per cent of cosmetics contain at least one ingredient linked to health and environmental concerns. ISTOCK IMAGES

3. Toluene

Toluene is a paint thinner that adversely affects the central nervous system when vapours are inhaled. According to the Canadian Centre for Occupational Health and Safety, short-term exposure can lead to temporary loss of coordination and headaches, confusion and dizziness. Repeated exposure presents more serious health risks. Ironically, it's also a skin irritant and prolonged contact can cause dermatitis.

Luckily, you can have your cake (or heart-shaped candy) and eat it too.

In recent years, non-toxic nail polishes have made a splash in the cosmetic world, making it simple to enjoy a manicure without the toxic worries. Reading the labels is the place to start. For brand recommendations, The Environmental Working Group's Skin Deep database is the absolute go-to. It's searchable and includes an extensive list of product ratings, ingredient disclosures and other resources.

If a quick list of suggestions is more your style, check out Care2's recent list of non-toxic nail polishes.

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KNOW YOUR RIGHTS AS A TENANT

As a tenant, it's important to know what rights you have and don't have regarding where you live. The Landlord and Tenant Board can help you since it administers the Residential Tenancies Act that sets out the responsibilities of both landlords and tenants.

In many cases, once landlords and tenants are aware of their rights and obligations they can resolve their own problems. However, if a landlord and tenant cannot come to an agreement on their own, then another responsibility of the board is to resolve the issue.

If there's a problem, landlords and tenants can file an application with the board. At the hearing, a member of the board will make a decision on the application based on the evidence presented. Or, if both the landlord and tenant agree, a mediator from the board can work with them to try to help them reach their own agreement.

The Act covers most residential rental

units in Ontario including mobile homes, care homes and rooming and boarding houses. However, there are some situations where a rental unit may not be covered such as if the tenant must share a kitchen or bathroom with the owner, or family members of the owner, or the unit is used on a seasonal or temporary basis.

To learn more about your rights and responsibilities, you can view or print all or parts of the Residential Tenancies Act from Publications Ontario's legislation online link at www.e-laws.gov.on.ca. You can also order a copy of the Act for a fee from Publications Ontario and get copies of the forms and brochures free of charge at any Landlord and Tenant Board office or at a Service Ontario Centre.

For more information, you can call the Landlord and Tenant Board at 1-888-332-3234 or 416-645-8080.

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SPECIAL INFORMATION FEATURE

Truffle Treasures

Sweet treats.

Premium Belgian chocolate made fresh

SAMANTHA Everts
For Metro

Valentine's Day comes but once a year, but Truffle Treasures' manager Sheila Carson said the store is ready.

"Our chocolatier has been very busy [preparing]," she says. Holiday treats get mixed into the regular plethora of sweets for chocolate addicts.

"People love the chocolate-dipped strawberries," she says, adding that the caramel-filled chocolate hearts and local gelato are also popular choices.

For the past 10 years, Truffle Treasures has been a mainstay in Ottawa. Founded by the late Lara Vaarre, the techniques and tricks of the

For more info

- TruffleTreasures.com
- 314 Richmond Rd.
769 Bank St.



For the past 10 years, Truffle Treasures has been a mainstay in Ottawa. SAMANTHA EVERTS/FOR METRO

trade have been passed down to create premium Belgian chocolate all made in their Westboro location.

Delicately spiced truffles such as Moroccan Mint and Cinnamon Pear in a glass display case make the perfect gift in boxes of two or more.

"The truffles you get from us will have been made this [past] weekend. Everything is made fresh [and preservative-free]. They sell like hotcakes."

Her personal favourites include the crème brûlée and vanilla cream, though they also have a selection of sugar-free options. She recom-

mends trying a chocolate and wine pairing as a possible date activity.

There is a wealth of chocolate barks to choose from (cookies and cream, cacao nib, sea salt, almond), but also unconventionally chocolate dipped sweets such as chocolate-covered gummy bears.

"We have a lot for kids, especially for moms buying for their kids for Valentine's Day," said Carson.

For the big kids at heart who love nutty sweets, Carson recommends the giant peanut butter cup made with creamy peanut butter centre surrounded by gooey caramel.

Alternatively, sip an indulgent hot chocolate in-store. "It's a good date spot," said Carson. The Westboro location has cosy nooks with leather armchairs and tables.

Making possibly the richest hot chocolate we've ever had, scoops of either white, dark or milk chocolate go into each cup in flavours in

ginger and orange, pumpkin spice, hazelnut and more. We tried the Aztec hot chocolate with dark chocolate, cloves, cinnamon, cardamom, and chilies, and were on a sugar high the rest of the day. Top it with a dollop of whipped cream.

Romance never tasted so good.

Wow your Valentine with these heart-warming wines



IF I HAD \$100 ...
TO SPEND
AT VINTAGES



JULIE
STOCK
For Metro

Happy Valentine's Day! For all of you romantic wine lovers, here is my shopping list of wines at the LCBO Vintages that will pull the heart strings of your sweetheart.

Clay Station Unoaked Viognier 2011, U.S.A. (LCBO #297846, \$16.95)

A white wine with tantalizing aromas of tropical fruit that will melt away any thoughts of winter.

Fielding Estate Riesling 2011, Canada (LCBO #251439, \$18.95)

A lip-smacking good white wine — refreshing and crisp, with a little citrus minerality.

Château Cailleteau Bergeron 2010, France (LCBO #309138, \$17.95)

Better than a bouquet of roses, this beautiful garnet-coloured Bordeaux blend has elegant



ripe red berries aromas and tastes.

Five Stones Reserve Cabernet Sauvignon (KPM) 2010, Australia (LCBO #157305, \$19.95)

Thinking ahead to Passover? This one is kosher, and you would never know it by tasting it. Full of dark blackberries and plums.

Fairview Caldera Grenache/Shiraz/Mourvedre 2008, South Africa (LCBO #301330, \$22.95)

A big red wine find! Dark purple colour with ripe berries, dry and tad peppery. Barbecued steak please!

GRAND TOTAL: \$96.75
FOR MORE ABOUT THESE AND OTHER WINES, SEE SAVVYCOMPANY.CA.

February
is for beer
lovers

This weekend. Ottawa's first annual WinterBrewed Festival hits Sparks Street



JEFF
O'REILLY
For Metro

Ah Valentine's Day. Whether there is a song in your heart or a tear in your beer, this is time of a year when love is unavoidable. For me, that love is beer — or rather beer appreciation and discovery, so this weekend's first-ever WinterBrewed Beer Festival couldn't have come at a better time.

Now I'm not sure what it is about drinking outdoors that puts smile on people's faces — maybe it's just relief from cabin fever, but there must be something about that crisp cold Canadian air that makes people thirsty, as more than 11,000 people attended last month's Festi'bierre in Gatineau. So it is with great excitement that the Sparks Street Mall will be hosting Ottawa's first outdoor winter beer festival this Saturday and Sunday. Presented by our friends who brought us the National Capital Craft Beer Week (and festival), you can expect to see 17 breweries presenting more than

Want to go?

WHAT: The WinterBrewed Beer Festival

TICKETS: Free admission.
Tickets needed for food
and drink

WHEN: Sat., Feb. 16 & Sun.,
Feb. 17, from 11:30 a.m.-
9 p.m.

WHERE: Sparks Street
between Elgin and
O'Connor

WEB: winterbrewed.com

70 different beers. It is almost guaranteed that you will find a new brew to fall in love with, and if you're looking for something completely out of the ordinary, my guess is you'll find it from Beau's.

Never one to do things halfway, Beau's celebrates February by releasing seven new beers. If you've never tried a gruit, then you're in luck, as they will have four to sample. What is a gruit? Well, long before anyone had discovered how amazing hops worked in beer, the ales of day were seasoned with



At last summer's National Capital Craft Beer Week organizer JP Fournier proposed to his girlfriend Trish Watson on stage ... will he top that at WinterBrewed? JEFF O'REILLY/FOR METRO

savoury herbs and spices and other ingredients that now seem almost unlikely to be found in a beer. Beau's Bogwater and later the extra-strong BogFather have embraced this magical alchemy for a couple of years now. New arrivals include Dubbel Koyt (a historical recreation of an Oatmeal Gruit) and Oiseau De Nuit (a collaboration with Dick Cantwell, head

brated Elysian Brewing that was brewed at last year's Oktoberfest). Cantwell's extensive work with pumpkin beers (I think he has brewed 36 or so completely different ones now) and Beau's expertise with the unusual gruit style in heaven.

Beau's Oiseau De Nuit (5.1% ABV) pours a clear dark orangey amber with a quickly fading off-white head. The

nose finds intriguing fruity and herbal aromas with just a hint of spice in the background. Fruity sweet malts, caramel, earthy pumpkin, cumin, medicinal herbs and honey taste blend together for a truly unique taste. Light-bodied and very easy drinking with a short, dry finish — this is a great session beer for all you night owls and new beer seekers. Happy Valentine's Day!

Casa al Vento Vin Santo 2005 (LCBO #305805, \$28.95) A sweetie for your sweetie, this beautiful, golden dessert wine, from the Tuscany region of Italy, is made from dried grapes. Look for raisin and other dried fruit flavours, as well as nutty notes. The classic pairing with a Vin Santo ("Holy Wine"), is almond biscotti — matching nicely with the nuttiness in the wine. Dunk the biscotti right in the wine, with an espresso on the side, to finish off your romantic evening.





A healthy dose of sweetness for your funny valentine



ROSE REISMAN
for more, visit
rosereisman.com

With all of the sweet and sticky candy and chocolate you may consume on V-Day, why not try something a bit lighter?

These brownies, which I created for the Mövenpick restaurant chain in Toronto, are only 140 calories and seven grams of fat per serving.

The cocoa, oil and yogurt

Ingredients

Prep time: 10 minutes
Bake time: 20 minutes

Brownies

- 2/3 cup granulated sugar
- 1/4 cup vegetable oil
- 1 egg
- 1 tsp pure vanilla extract
- 1/3 cup unsweetened cocoa powder
- 1/3 cup all-purpose flour
- 1 tsp baking powder

that replace traditional butter and chocolate are the way to keep the calorie and fat count low.

If that's not enough to convince you to whip these up, consider that Mövenpick sells 1,500 of these brownies per month.

They're also now featured in my catering company and still rank as the number one dessert.

1. Preheat the oven to 350 F. Spray an 8-inch-square pan with cooking oil.

- 1/4 cup low-fat yogurt or sour cream
- 1/4 cup semi-sweet chocolate chips
- Icing**
 - 1/3 cup light cream cheese
 - 2/3 cup icing sugar
 - 1 1/2 tsp unsweetened cocoa powder
 - 1 1/2 tsp water
 - dusting of icing sugar

2. For the brownies, combine the sugar, oil, egg and vanilla in a bowl and mix well. Add the cocoa, mixing it in well. Add the flour, baking powder, yogurt and chocolate chips, mixing just until combined and smooth. Don't over mix.

3. Pour the batter into the prepared pan. Bake in the center of the oven for 15 to 20 minutes, just until set. Do not overbake. Cool on a rack for 15 minutes before icing.

4. To make the icing, place all the icing ingredients, except for the sugar, in a blender or food processor and process until smooth. Spread over the top of the brownies.

5. Cut into squares and garnish with a dusting of icing sugar, or drizzle melted dark and white chocolate overtop.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Triple Chocolate Brownies



This recipe serves 12. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

For your phone

Sara Jenkins's New Italian Pantry (iPad; \$3.99)



MIND THE APP

Kris Abel
Kris Abel
life@metronews.ca

Be spontaneous, be inspired. With 16 key ingredients, Sara Jenkins will show you how to cook a variety of dishes on impulse. Imagine porchetta-style tuna, pan-roasted potatoes, or Spaghetti Cacio e Pepe.



Sweet double choco mini cake indulgence

1. Coat eight 1/3- or 1/4-cup ramekins with cooking spray. Sprinkle about 1 teaspoon of sugar into each, swirling it around to coat the bottom and sides, then dumping out any excess.
2. Finely chop 2 1/2 ounces of the chocolate. Cut the remaining 2 ounces into 16 pieces, roughly the same size, then set those aside.
3. Bring a small saucepan of water to a bare simmer. Set a medium stainless steel bowl over it and add the 2 1/2 ounces of finely chopped chocolate to that. Heat, stirring occasionally, until the chocolate is melted.
4. While the chocolate is melting, in another medium bowl use an electric mixer to beat the egg yolks with 1 tablespoon of the sugar until they are thick and lemon coloured, about 4 minutes. Set the bowl aside and clean the beaters well.
5. In a third medium bowl, use the electric mixer to beat the egg whites until they form soft peaks. Add the remaining 3 tablespoons of granulated sugar, a little at a time, and continue beating until the whites hold stiff peaks. Set aside.
6. Remove the melted chocolate from the heat. Add the yogurt and stir well. Add the egg yolk mixture and stir well. Add one third of the egg whites to the chocolate mixture, stirring well, then gently fold in the remaining egg whites until they are just combined with the chocolate mixture. Divide the batter among the prepared ramekins. Cover and chill for 1 hour.
7. While the cakes are chilling, heat the oven to 325 F and prepare the sauce.
8. In a blender, puree the raspberries with the sugar. Pour the mixture through a mesh strainer, using a silicone spatula to press the pulp. Discard the pulp and seeds. Thin the sauce with water or with the reserved raspberry liquid (if using frozen berries) until the sauce has a nice pouring consistency.
9. Remove the ramekins from the fridge, tuck 2 pieces of the cut chocolate into the centre of each and bake in the middle of the oven for 15 to 18 minutes, or until just springy when touched. Let cool for 5 minutes, then unmould or serve in the ramekins. Serve drizzled with the raspberry sauce.

This recipe serves eight. MATTHEW MEAD / THE ASSOCIATED PRESS



Ingredients

For the chocolate cakes

- 1/4 cup sugar, plus 8 tsp for coating the ramekins
- 4 1/2 oz bittersweet chocolate
- 2 large eggs, whites and yolks separated and brought to room temperature
- 1/3 cup plain nonfat Greek yogurt
- For the sauce**
 - 1 1/2 cups raspberries
 - 1 1/2 tbsp sugar

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NHL

Blue Jackets make history with hiring of new GM

The Columbus Blue Jackets hurried to make history.

Just more than 24 hours after firing Scott Howson, they announced the hiring of Jarmo Kekalainen of Finland as the first European to be a general manager in the National Hockey League.

Kekalainen, director of amateur scouting with the St. Louis Blues 2002-10, held a news conference Wednesday in his native Finland at the same time the Blue Jackets held theirs in Ohio.

The 46-year-old, who played sparingly in the NHL, worked closely with Columbus director of hockey operations John Davidson with the Blues. When the Blues hired Doug Armstrong as general manager in 2010 instead of Kekalainen, Kekalainen returned to Finland to take over as GM of Jokerit in Finland's top league.

THE ASSOCIATED PRESS

CFL

Als sign trio to 2-year extensions

The Montreal Alouettes signed two-year contract extensions Wednesday with linebacker Chip Cox and receivers S.J. Green and Eric Deslauriers.

Cox, an Alouette since 2006, was a CFL all-star from 2009 to 2011. Last season he led the club with four interceptions and was second in tackles with a career-high 82.

Green had a second straight 1,000-yard season, registering 61 catches for 1,111 yards and four touchdowns. Deslauriers caught 13 passes for 299 yards.

The Als also released linebacker Rod Davis and non-import kicker Derek Schiavone. THE CANADIAN PRESS



Crosby and company sink the Sens

Pittsburgh Penguins goalie Marc-Andre Fleury makes a sprawling save on Ottawa Senators centre Zack Smith with the help of defenceman Paul Martin Wednesday in Pittsburgh. Penguin James Neal scored twice, Sidney Crosby scored and had two assists and Pascal Dupuis added a goal as Pittsburgh beat Ottawa 4-2. The Senators lost last year's Norris Trophy winner Erik Karlsson, who will need surgery to repair his left Achilles after the tendon was cut by a skate blade late in the second period. GENE J. PUSKAR/THE ASSOCIATED PRESS

Dickey's bearing mitts

Jays pre-season.

When handling Cy Young winner's knuckleball, all you can do is try your best and guess where it's going, teammate says

When knuckleballer R.A. Dickey joins a new club, he comes bearing gifts. Special catcher's mitts, courtesy of Rawlings.

But even with the bigger

glove, Blue Jays catcher Josh Thole says hanging on to one of Dickey's deliveries is a challenge.

"We have no idea where it's going," said Thole, who came over with Dickey in a December trade from the Mets. "We can give it our best shot and I can guess, like I do half the time. But a lot of times, having the bigger glove helps."

The glove is also padded more, which helps when you're trying to snag a ball with a mind of its own. Just catching it is a success, never mind find-

ing the sweet spot of the glove.

"Rawlings sends him loads of them," said Thole. "He just hands them out to all the catchers and lets them break them in and kind of play with them a bit."

Thole, 26, remembers his first attempt at catching Dickey. It was 2010 in the Mets bullpen and he didn't look very good.

"I missed the first three balls in front of the manager, the general manager and the owner of the team," he said. "I feel definitely like I've come a

long way (since)."

Dickey's knuckleball is unique in that he throws it harder — at about 77 m.p.h. — than traditional practitioners of the floating pitch. And he has a few other pitches to help set it up.

That combination carried Dickey to the National League Cy Young Award last year when he went 20-6 with a 2.73 earned run average. He led the NL in innings (233 2/3), strikeouts (230), complete games (5) and shutouts (3).

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4
SPORTS

Wrestling leader to argue for sport with IOC head

Olympics. 'The door is not closed,' says committee of 2020 removal

Facing a wave of criticism from around the world, IOC president Jacques Rogge will meet with the head of wrestling's governing body to discuss ways the sport can fight to save its place in the Olympics.

The IOC executive board dropped wrestling from the program of the 2020 Games on Tuesday, a decision that brought a sharp backlash from wrestling organizations and national Olympic bodies around the world — including Canada, the United States, Russia and Iran.

The move must still be ratified by the full International Olympic Committee in September, giving wrestling time to try to overturn a decision against a sport that dates back to the ancient Olympics and has been featured since the inaugural



International Olympic Committee president Jacques Rogge says he will meet with the head of wrestling's governing body to discuss ways the sport can fight to save its place in the 2020 Olympics. LAURENT GILLIERON/KEystone/THE ASSOCIATED PRESS

modern games in 1896.

Rogge said Wednesday he has been contacted by Raphael Martinetti, the Swiss president of international wrestling federation FILA, and was encouraged by the sport's resolve to make changes and fight for its place.

"We agreed we would meet at the first opportunity to have discussions," Rogge said at a news conference at the close of a two-day board meeting. "I should say FILA

reacted well to this disheartening news for them.

"They vowed to adapt the sport and vowed to fight to be eventually included in the 2020 slot."

Wrestling, which remains on the program for the 2016 Olympics in Rio de Janeiro, still has a chance to stay on the list for 2020 — if it manages to respond positively to the wakeup call and convince the IOC to change course.

THE ASSOCIATED PRESS

NHL players hoping they'll lace up in Sochi

With one final flick, Sidney Crosby's 2010 overtime goal won Canada the gold medal and elicited national pride to the host country.

But will it stand as the last goal scored by an NHL player in the Olympics?

The nasty labour dispute long settled, the NHL can now focus on another lingering issue that needs a quick resolution. The NHL and NHL Players' Association have yet to agree with the IOC and the International Ice Hockey Federation to participate in the 2014 Sochi Olympics. With the opening ceremony set for Feb. 7, 2014, the countdown to the first face-off is ticking.

The 2014 Games, which run through Feb. 23, will feature more than 3,000 athletes. Players like Crosby, New York's Rick Nash, Carolina's Eric Staal, Chicago's Patrick Kane and other all-stars would love another shot at putting on the Olympic sweater for their home country.

Vancouver Canucks goalie Cory Schneider, a likely Team



Sidney Crosby celebrates his game-winning goal in the gold-medal final at the 2010 Winter Olympic Games in Vancouver. PAUL CHIASSON/THE CANADIAN PRESS FILE

USA candidate, is one of the hopefuls that said the NHL should play again in 2014.

"I think the fans want to see that," he said. "I think the players realistically would want to go to do that. It's once-in-a-lifetime experience, and I think we'll all be in favour of it."

The NHL has participated in every Olympics since the

Nagano Games in 1998. All sides were set to meet Thursday and Friday in New York as they work toward a deal that would ensure the world's best players would again be showcased on sport's grandest stage.

The idea that the Olympics would be held in Russia, home of the KHL, with the NHL frozen out seems tough to imagine. After all, some of the league's top players are from Russia or have ties to the KHL.

After the rousing success and elevated ratings in Vancouver, IIHF president Rene Fasel stated it "would be wrong for the game, for the fans, not having the best players in Sochi."

THE CANADIAN PRESS

Family conflict

Man ordered to cough up Jets season tickets

How scarce are Winnipeg Jets tickets?

Scarce enough that a family went to court when a deal to split season tickets crumbled.

Queen's Bench Justice Morris Kaufman ruled Wednesday in favour of Darlene Gibb, the woman who said her brother-in-law reneged on their plan and refused to turn over the tickets as promised.

Kaufman said some of John Longstaff's statements didn't make sense.

"It's clear to me that this was a legal arrangement," Kaufman said in ordering that the season tickets be transferred to Gibb.

"This was a mutually beneficial contract."

Longstaff has been a hockey fan since 1973 and, because he had Manitoba Moose season tickets, he was eligible for Jets tickets when they replaced the AHL franchise in the city.

THE CANADIAN PRESS

Curling. Ontario skip to enjoy home ice at Scotties

Ontario skip Rachel Homan showed in her first appearance at the Scotties Tournament of Hearts that she could hang with the top rinks from around the country.

She's set to make a return appearance at the Canadian women's curling championship, which kicks off Saturday in Kingston, and hopes to make more than just a playoff appearance this time around.

"We've been there before and we made it all the way to the semis our first time," Homan said of her 2011 showing. "I think this time our team has grown a bit, has got more experience and we expect to be right there hopefully battling in the final if we can."

At 23, the Ottawa skip is one of the best young players in the game. Her rink of third Emma Miskew, second Alison Kreviazuk and lead Lisa Weagle holds the third spot in the Canadian Team Ranking System.

Homan will also have a supportive Ontario crowd on her side when play begins at the K-Rock Centre. There are



Ontario skip Rachel Homan

THE CANADIAN PRESS

several experienced skips in the 12-rink competition, including defending champ Heather Nedohin of Alberta, B.C.'s Kelly Scott, Manitoba's Jennifer Jones and Nova Scotia's Mary-Anne Arsenault.

"It looks like a really tough field," Homan said. "Lots of teams with lots of experience, a lot more years than us. But we've had our fair share of finals and playoffs and TV games and things like that."

Homan posted a 13-0 record in the 2010 national junior playdowns and won a silver medal at the world junior championships that year. THE CANADIAN PRESS

NBA

Eastern Conference

	W	L	Pct	GB
Miami	35	14	.714	—
New York	32	17	.653	3
Indiana	31	21	.596	5 1/2
Chicago	30	21	.588	6
Brooklyn	30	22	.577	6 1/2
Atlanta	29	22	.569	7
Boston	27	24	.529	9
Milwaukee	25	25	.500	10 1/2
Philadelphia	22	28	.444	13 1/2
Toronto	20	32	.385	16 1/2
Detroit	20	33	.377	17
Cleveland	16	36	.308	20 1/2
Washington	15	35	.300	20 1/2
Orlando	15	37	.288	21 1/2
Charlotte	12	39	.235	24

Western Conference

	W	L	Pct	GB
San Antonio	41	12	.774	—
Oklahoma City	39	13	.750	1 1/2
L.A. Clippers	37	17	.685	4 1/2
Memphis	33	18	.647	7
Denver	33	20	.623	8
Golden State	30	22	.577	10 1/2
Utah	29	24	.547	12
Houston	29	25	.537	12 1/2
Portland	25	27	.481	15 1/2
L.A. Lakers	25	28	.472	16
Dallas	22	29	.431	18
Minnesota	19	30	.388	20
Sacramento	19	34	.358	22
New Orleans	18	34	.346	22 1/2
Phoenix	17	36	.321	24

Note: division leaders are ranked in top three positions regardless of winning percentage.

Wednesday's results

San Antonio at Cleveland	11	12	23
Charlotte at Indiana	9	11	20
Atlanta at Orlando	5	13	18
Denver at Brooklyn	7	10	17
Washington at Detroit	5	12	17
Chicago at Boston	3	14	17
Toronto at New York	8	8	16
Philadelphia at Milwaukee	3	13	16
Portland at New Orleans	10	5	15
Utah at Minnesota	9	6	15
Sacramento at Dallas	7	8	15
Houston at L.A. Clippers	6	9	15
Tuesday's results	3	12	15
Toronto 109 Denver 108	3	12	15
Philadelphia 105 Atlanta 76	6	8	14
Portland 106 New Orleans	6	8	14
Utah 105 Minnesota	4	10	14
Sacramento 103 Sacramento 101	6	7	13
Houston 117 Portland 104	6	7	13
Philadelphia 109 Oklahoma City 94	5	8	13
Utah 116 Golden State 107	4	9	13
L.A. Lakers 91 Phoenix 85	4	9	13
Thursday's games — All Times Eastern	2	11	13
Miami at Oklahoma City, 8 p.m.	7	12	13
L.A. Clippers at L.A. Lakers, 10:30 p.m.	5	8	13

NHL

Eastern Conference

Atlantic Division

	GP	W	L	OL	GF	GA	Pt
New Jersey	13	8	2	35	38	28	19
Pittsburgh	13	8	5	0	41	32	16
NY Rangers	12	7	5	0	33	30	14
Philadelphia	14	6	7	1	34	40	13
NY Islanders	12	4	7	1	36	43	9

North East Division

	GP	W	L	OL	GF	GA	Pt
Boston	11	8	1	2	32	25	18
Toronto	13	8	5	0	39	33	16
Ottawa	13	7	4	2	33	23	16
Montreal	12	7	4	1	35	33	15
Buffalo	14	5	8	1	39	48	11

Southeast Division

	GP	W	L	OL	GF	GA	Pt
Carolina	12	7	4	1	33	27	19
Tampa Bay	13	6	6	1	32	32	13
Edmonton	13	5	5	3	29	34	13
Calgary	10	3	4	3	26	35	9
Colorado	11	4	6	1	23	30	10

Note: A team winning in overtime or shootout receives one point which is registered in the OL (Overtime loss) column.

Scoring Leaders

	G	A	Pt
Vanek, Buf	11	12	23
Kane, Chi	9	11	20
Zetterberg, Det	5	13	18
Stamkos, TBL	7	10	17
Ribeiro, Wash	5	12	17
Crosby, Phg	5	12	17
S. Louis, TBL	3	14	17
Staal, Car	8	8	16
Malkin, Phg	3	13	16
Marleau, SJ	10	5	15
Clarkson, NJ	9	6	15
Tavares, NYI	7	8	15
Kunitz, Phg	6	9	15
Thornton, SJ	3	12	15
Elias, NJ	3	12	15
Pominville, Buf	6	8	14
Pavelski, SJ	6	8	14
Selanne, Ana	4	10	14
Moulson, NYI	6	7	13
Toews, Chi	6	7	13
Lecavalier, TBL	5	8	13
Datsyuk, Det	5	8	13
Gagner, Edm	4	9	13
Koivu, Ana	4	9	13
Enstrom, Win	2	11	13
Shattenkirk, StL	1	12	13
Skinner, Car	7	5	12
Hossa, Chi	6	6	12
Conacher, TBL	5	7	12
Hodgson, Buf	5	7	12
Hall, Edm	3	9	12
Sharp, Chi	2	10	12

Not including last night's games

Western Conference

Central Division

	GP	W	L	OL	GF	GA	Pt
Chicago	13	10	0	3	44	28	23
Nashville	13	6	3	4	25	26	16
Detroit	12	7	4	1	33	32	15
St. Louis	12	6	5	1	39	40	13
Columbus	13	4	7	2	30	41	10

Northwest Division

	GP	W	L	OL	GF	GA	Pt
</tbl_header

Horoscopes

♈ Aries

March 21 - April 20

It doesn't matter what you do today so long as you do something. If you sit still for more than a minute this morning, you may not get up again until the evening — and only to go back to bed.

♉ Taurus

April 21 - May 21

There is no point trying to judge people by your own standards. They will never match up. The best you can hope for, today and any other day, is that they learn from your good example. So go on, be one.

♊ Gemini

May 22 - June 21

The more others try to get you to change, the more you should stick with what you know and trust. No doubt they will come up with all sorts of reasons why you should take a risk, but don't do it.

♋ Cancer

June 22 - July 23

What sounds like bad news is nothing of the sort. Chances are you are looking at it from completely the wrong angle. Facts are facts, of course, but even facts can sometimes be open to interpretation.

♌ Leo

July 24 - Aug. 23

You are not the sort to give up just because you failed at something once. Yes, you may be annoyed that you did not do a project justice, but there is still plenty of time to do it again and do it right.

♍ Virgo

Aug. 24 - Sept. 23

There is something you have to do today and even though it may be a total bore you know that until you see it through to completion partners and colleagues won't give you a moment's peace. Get started on it now.

♎ Libra

Sept. 24 - Oct. 23

You may hear a few whispers or rumours today, most likely about someone you like. You are advised to ignore them. Most likely, it is just nasty he said, she said. Even if it is true, it's still nothing to do with you.

♏ Scorpio

Oct. 24 - Nov. 22

Don't cut any corners today because someone important is watching and they will make a big deal of it. It may be that you have to do a lot of work for very little profit, but sometimes that's just how it is.

♐ Sagittarius

Nov. 23 - Dec. 21

You don't have to put up with people who waste your precious time on trivial things. Tell them where to go today, and say it in a way that makes it clear you mean it.

♑ Capricorn

Dec. 22 - Jan. 20

You may be eager to make changes but you won't be able to push partners faster than they want to go today. Which begs the question: Have you signed up with the wrong partners? Give it some thought.

♒ Aquarius

Jan. 21 - Feb. 19

No matter how hard you try to persuade a friend or work colleague to see things your way, it just isn't going to happen, so give up. It's true, you know, some people are almost as stubborn as you!

♓ Pisces

Feb. 20 - March 20

Other people may be selfish and put their own interests first but not you. With Mars, Mercury and Neptune all moving through your sign, you know it pays to be generous. The more you give now, the more you'll get later.

SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN

Across

1. Valentine's Day icon
6. "Rich Bride ___ Bride" on Slice
10. Sisqo's group, ___ Hill
13. Popeye's beloved
14. Sparkling wine city of Italy
15. Italian car manufacturer
16. Actress Kathy
17. Valentine's gift
18. Speck
21. Khloe Kardashian's husband, Lamar ___
22. James Blunt album: 'Back to ___'
26. Rocky sun-orbiter
30. Versus
32. Extra sports periods, for short
33. Perfume by Cacharel
34. Explosive star
35. Eucalyptus eaters
37. Horse coat hue
38. Bug
40. Deli bread
41. Nav. rank
43. Misfire
45. "That's being taken care of by me, boss!" : 3 wds.
48. Isn't, wrong-style
51. Cute bark
52. 'Alma' add-on (Facts reference book)
53. Taylor of 'Twilight' flicks
55. Gold Rush
58. Canadian auto service company
59. Shaker stuff
60. Gardening tool
62. Emily Bronte's ___ Heights
65. Himalayas land
70. Chemical suffixes
71. 'Susp' add-on
72. Curtain
73. Val-___, Quebec
74. Investigators, for short
75. "When Harry Met ___" (1989)

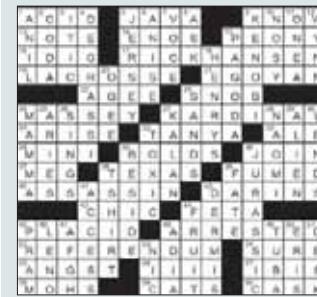
Down

1. Corn on the ___
2. Suffix with 'Form'
3. Peach part
4. 'Excess' suffix
5. Canadian singer Shawn
6. Agreement
7. "Romeo and Juliet" (1968) actor Milo
8. Prefix that means 'Ear'
9. Cheese in lasagna
10. Blue Rodeo hit that goes "...our love shines like a...": 2 wds.
11. Alleyway animal
12. Sport-___ (Versatile vehicle)
15. Flower: Spanish
18. Ukraine port city
20. City of Russia
22. Ray-___ (Sunglasses maker)
23. Kind of boost
24. Grammy-winning record producer born in Victoria: 2 wds.

25. 1997 Jim Carrey comedy, when doubled
27. Cirque du ___
28. Indebted one's letters
29. Mr. Aykroyd
31. "For Those About ___ (We Salute You)" by AC/DC
36. Novelist Ms. Rand
39. Amazon e-book reader
42. Court
43. Fargo, North ___.
44. www address
46. ___ ' (Restaurant occupation)
47. Chore
49. "Waking ___ Devine" (1998)
50. Otis Redding song: "___ a Little

54. Overturns
55. Nopes
57. Surrealist artist Max
61. 'Band' suffix (Medical supplies)
62. Tie the knot
63. Numero ___
64. 'Benedict' suffix
66. Baseball pitcher's stat.
67. Chum
68. Fergie's bandmate, ___ de.ap
69. Grassy field

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	2	9	7	8	1	5	4	3
5	1	3	6	4	9	2	8	7
8	7	4	2	3	5	9	1	6
1	9	7	3	2	8	4	6	5
4	5	2	9	7	6	8	3	1
3	8	6	1	5	4	7	2	9
2	8	1	4	9	7	3	5	6
7	3	5	8	1	2	6	9	4
9	4	8	5	6	3	1	7	2

9	8	4	2	6
1	7	3		9
6				
3	1		8	
8			6	
2			4	1
				9
2			5	1
8	5	1	7	3

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model shown



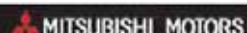
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